

CALGARY

metro®

NEWS
WORTH
SHARING.

Black Book
**BUY-BACK
EVENT**
going on now!

SHAW
GMC CHEVROLET BUICK
4620 BLACKFOOT TR SE, CALGARY, AB T2G 4G2
SHAWGMC.COM
403-930-1654

ONE-DISH
WONDER

BAKED APPLE
CHICKEN DOES
DOUBLE-DUTY AS
FANCY APPETIZER
OR WEEKNIGHT
GO-TO **PAGE 21**



Black Book *only at*
BUY-BACK EVENT **SHAW**
GMC CHEVROLET BUICK

2014 GMC SIERRA¹
1500 4X4 4DR DOUBLE CAB
MSRP: \$37,585

SG418434

Cash Price: **\$27,998**
or **\$169 B/W**
96 MTHS @ 3.99%

PMTS ARE O.A.C. AT 3.99% FOR 96MTHS TERM. 1. C.O.B.: \$8,154
T.O.B.: \$35,152. SALE PRICES INCLUDE LOYALTY BONUS & TRUCK BUCKS
DISCOUNT OF \$750. DISCOUNT BONUS OF \$1,500. \$3,000 DBL CASH NON-ZERO
PERCENTAGE CASH & \$4,000 GM CASH. MUST QUALIFY FOR DISCOUNT CASH.
VISIT LOYALTY.SHAWGMC.COM FOR ELIGIBILITY PRICES & PMTS DO NOT
INCLUDE GST. ERRORS & OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY
AS SHOWN. DEALER RESERVES THE RIGHT TO END PROMOTIONS WITHOUT
NOTICE. SEE DEALER FOR FULL DETAILS.

Athletes lament Shouldice's state, but redesign ramping up

Touchdown tossers over home-run hitters?

Football seems to be taking priority at major park, critics say



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

Softball athletes are crying foul over the shoddy state of a supposedly premier athletic park, but the city says it hopes a planned multimillion-dollar revamp will turn it into a field centre of dreams.

Inadequate parking, crummy fencing, poorly maintained washrooms — the list of issues goes on, according to competitor Caitlin Young.

"I've been playing at Shouldice park for 10 years and it's never been fixed," she said. "The road going in is horrible.... There's basically no road left, just potholes."

Officials with Softball Cal-



Caitlin Young sits on the bleachers at the Shouldice Athletic Park where she plays softball. She and teams who use the diamonds are fed up with the state of their park as it undergoes a multimillion-dollar redesign plan. JEREMY NOLAÏS/METRO

gary sat down with city officials in early October to raise their concerns. Derek Hann, the group's executive direc-

tor, said compounding frustrations is the fact that hourly field rental rates have been popped up 20 per cent over

the past three years to \$67.50. He said there are fears city council will give the signal to raise fees again in the near

At a glance

To see a concept design of the Shouldice Athletic Park plaza redevelopment, head to metronews.ca/calgary.

future.

Hann added, "One of the things we were told is if we wanted to see specific improvements we could apply for grants and things like that, but then we would be responsible for the maintenance of those improvements for about five years, which I'm not interested in. I don't want to put my money into a field facility to maintain it when I have absolutely no control over it."

But Joe Moore, the city's superintendent for west recreation, attempted to ground concerns Monday, noting Shouldice currently looks particularly rough as construction has gotten underway on the beginning of a \$7.2-million plaza development pro-

ject. It will include all new paving, fencing, donor walls, curbs to control pedestrian traffic between fields and the eventual construction of multi-sport clubhouses.

He did say, however, there is only funding currently available to get the "base ground work" underway at Shouldice and it's unclear when dollars will come for the plaza buildings.

He said, barring an early winter, the hope is to have much of the first phase of the plaza completed by the time softball season ramps up again in 2015, meaning that the parking situation may actually improve slightly.

"As funds become available, we upgrade our facilities," Moore said. "In this city, are we where we want to be? Never."

Some softball competitors claimed Monday that added locker-room space being added to the site would be only for football teams' use, but Moore said that's not the case.

Before it's a fence, it's forty-five 2x4s.

With legendary Toyota durability and up to 10,500 pounds of towing capacity,* the redesigned **2014 Tundra** is tough enough for any project.

*4x2 Regular Cab Long Bed has a towing capacity of up to 10,500lbs. The maximum you can tow depends on the total weight of any cargo, occupants, and available equipment.



CrewMax 1794 Edition has a towing capacity of 9,490lbs.



TOYOTA

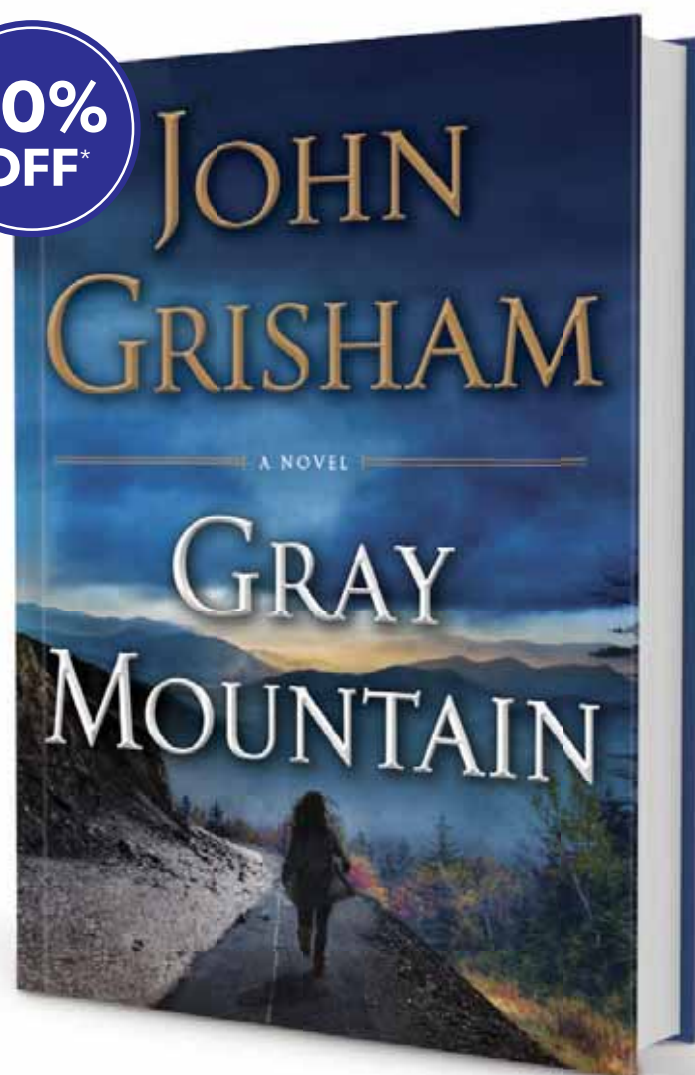
toyota.ca

GRISHAM AT HIS PEAK

Gray Mountain by John Grisham

Samantha Kofer is full of surprises in John Grisham's newest thriller. To keep her job during tough times, Samantha moves from Manhattan to the heart of Appalachia, only to discover her new small town is harbouring some very dark secrets. When she takes on a case against Big Coal, litigation turns deadly. The master of the legal thriller reaches new heights with this gripping page-turner.

40%
OFF*



If you like thrillers, you'll love:



 #askindigo – for a great book recommendation

Indigo

Chapters

Coles

indigo.ca

      /chaptersindigo

*IN-STORE 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase at any Indigo, Chapters or Coles locations. Bestseller is determined by Indigo and gets updated regularly. Offers not valid in conjunction with any other offer or promotion (including everyday rewards discount). Offers valid while quantities last and may change or be withdrawn at any time without notice. Indigo, Chapters, Coles and indigo.ca are registered trademarks of Indigo Books & Music Inc.

Commuters get creative to land seat on busy CTrain

Tuscany Station.

Peak-time crowding won't be resolved until four-car trains arrive, something Calgary Transit doesn't expect until mid-2015, says Coun. Ward Sutherland



ROBSON FLETCHER

robson.fletcher@metronews.ca

Calgary's newest LRT station is already so busy that regular riders say they don't even use it, opting instead to get on the CTrain one station earlier and ride the rails in reverse for one stop in order to secure a seat.

"I pretty much do that every day," said Olivia Sutthery, who has only boarded the train at the Tuscany Station, the new terminus of the northwest line, "a couple of times" since it opened for service Aug. 25.

Instead, Sutthery said she has her husband drop her off in the morning one stop further south, at the Crowfoot Station, so she can ride to the end of the line before turning around and heading back toward downtown.

It takes about 10 or 15 minutes longer, she said, but it virtually guarantees finding a place to sit, compared to boarding at Tuscany, where passenger volumes are already exceeding expectations.

"A passenger count in mid-September showed the new station is serving around 11,000 weekday customers, which exceeds the original estimate of 9,000 weekday customers,"

September passenger count

"The new station is serving around 11,000 weekday customers, which exceeds the original estimate of 9,000 weekday customers."

The City of Calgary

the City of Calgary posted in an online update.

Suzan McEvoy employs the same strategy when dropping her husband off for his morning commute, opting for Crowfoot instead of Tuscany so he can get a seat at 7 a.m., even though it means first riding north, then heading back south. The southbound train is "virtually packed" when it arrives at Crowfoot, McEvoy said.

"So anybody two or three stops down the line is just hooped," she said.

Coun. Ward Sutherland said the peak-time crowding issue won't be resolved until four-car trains arrive, something that Calgary Transit doesn't expect to begin happening until mid-to late 2015.

It will still be some time after that before all CTrains are four cars long, however. In announcing the \$200-million purchasing contract for at least 60 new train cars last year, Calgary Transit director Doug Morgan said riders will see "quite a few four-car trains" on LRT tracks by mid-2016.

Sutthery expects that to alleviate the crowding for some time but not forever.

"I'd say in another three or four years it's going to be packed, again," she said.



The Tuscany LRT station opened on Aug. 25. METRO FILE

City survey

Most Tuscany Station users arrive by bus or car

Just over a third of Tuscany Station users arrive by car, while the rest take the bus, walk, or cycle to catch the LRT, according to the city.

A September count found 36 per cent of users took motor vehicles to the station: 26 per cent being dropped off, 10 per cent using the Park and Ride.

Another 36 per cent arrived by bus, while 25 per cent arrived on foot and three per cent by bicycle.

The city estimates it's at most a 30-minute walk or a 15-minute bike ride to the

station from all homes in the Tuscany, Royal Oak and Rocky Ridge area, where 40,000 people live, in total.

A recent city survey of 620 respondents also found that roughly 10 per cent of customers using the Tuscany Station "are new transit users who previously made their trip using a car."

ROBSON FLETCHER/METRO

1 NEWS

WE ARE THE HAIR RESTORATION SPECIALISTS



HAIR RESTORATION SERVICES

1632-14 AVE NW, SUITE 268
CALGARY, ALBERTA T2N 1M7

CALL TODAY FOR A FREE
CONFIDENTIAL CONSULTATION!
403.212.0022



hrscalgary.com



LIKE US



SPECIALIZING IN:

In House Laser Light Therapy
Lace, Ventr Graph & Breathable Hybrids
Capillus Laser Caps
Women's Wonderfil.

Overcrowding has education minister feeling the squeeze

Room to improve.

Political parties call on province to fast-track approval of modular classrooms as inner-city students get cramming



JEREMY NOLAÏS

jeremy.nolais@metronews.ca

Squeezed schools are more than just a suburban struggle in the city, and Calgary-Elbow byelection candidates are levelling the blame at the current education minister, who's also a contender in the riding.

During his time as a Calgary Board of Education trustee, Gordon Dirks voted to close and sell both King Edward School and Ogden School, as well as to sell the already-closed David D. Oughton and R.B. Bennett schools and demolish the vacant Albert Park School.

Now, reports have emerged of overcapacity issues at Elboya School and William Reid Elementary School, where Alberta Party leader Greg Clark says two classrooms have been crammed into the library.

Clark pointed the blame at the original decisions to shutter the inner-city schools and inaction by the provincial government to build the infrastructure to keep up population demand.

"This is not something that just snuck up on them — this has been building over a long period of time and it's come home to roost," said



Sean Hann, parent council chair at William Reid School, hopes Calgary-Elbow byelection candidates will pay attention to the education infrastructure needs in his neighbourhood. JEREMY NOLAÏS/METRO

Clark, whose party recently launched a website detailing Dirks' voting record.

The Calgary Board of Education has released its overall enrolment data for the current school year — the public board saw more than 3,700 additional kids this fall — but a superintendent said last week that more detailed, school-by-school capacity breakdowns were still being finalized and would be released in November.

Dirks, meanwhile, defended the decisions to close the schools, claiming it came down to prudent financial management. He noted, for example, that King Edward

had just 230 students when it was closed, meaning it was less than 40 per cent full.

"It was quite a challenge for the school board to have all of these underutilized schools because significant maintenance operations and upgrade money had to be put into them just to keep them running at 40 per cent capacity — some were lower than that," Dirks said.

Both the Alberta Party and NDP also made calls Monday for the province to fast-track approval of modulars requested by Calgary school boards. Among those on a list approved by the CBE last week was William Reid

Packed in

According to the CBE's 2013-14 enrolment report, William Reid School was at 105 per cent capacity and Elboya School was even more crammed at 130 per cent.

School. Parents there have been told to expect their portable classrooms for the 2015-16 school year. But Stephanie McLean, the Calgary-Elbow NDP candidate, said many are fearful that timeline won't be met, especially in light of recent delays.

Six modulars due for space-

strapped Calgary communities in time for the start of September classes now likely won't be ready until December, as the province has struggled to secure proper permits. The builder of the modulars, Modus Structures, said it completed its end of the bargain on time and the modulars have been sitting dormant in their construction yard for months.

"There's just too much feet-dragging on that issue and there needs to be more clarity," McLean said. "It (the installation of modulars) needs to occur faster than they're promising and there needs to be concrete timelines."

Driveways. Rules about overpaving on the books since 2008

Paving entire front lawns to use as driveways is against the law in Calgary, according to the city's planning department, but the rules have only been in place for the past six years.

"We didn't really have rules on driveways and driveway widths and paving until 2008," planner Laurie Kimber said Monday.

As Metro reported Sunday, "unidriveways" are emerging in numerous northeast neighbourhoods, as residents pave swaths of their front lawns, often to use for parking.

In some places, neighbouring driveways end up connecting to one another, creating long, paved stretches in front of three or four homes.

But paved driveways are legally limited to a maximum width of six metres on lots that are nine metres wide or less, Kimber said. On larger lots, driveways can be up to seven metres wide.

These rules only apply within six metres from the curb, he added, and closer to the house, paving can be "flared out" wider.

It is possible to apply for variances to the rules, Kimber said, although the regulations are in place for a reason.

"Near the front, we want to have some landscaping ... and some lawn," he said.

Kimber said the city investigates violations on a complaint basis but Saddle Ridge resident Greg Steiner said he's submitted numerous complaints.

"This summer ... I submitted seven homes that have their front yard totally paved," Steiner said. "I could have done 27." **ROBSON FLETCHER/METRO**

DRAWN INTO DUSK PRESENTS

8 HOUR FULL IMMERSION HAUNTED HOUSE

There was that creepy house at the end of the lane or on the corner... Join us for a "haunted house" experience like no other. This event is for only the bravest of adults! Join a pair of ghost hunters as they investigate a haunted house and try to free a tormented spirit.

EVERY FRIDAY & SATURDAY UNTIL MID NOVEMBER

SAVE 25%

OFF THE REGULAR TICKET PRICE IF YOU PAY IN FULL.

DRAWNINTODUSK.COM FOR MORE DETAILS & TO REGISTER ... IF YOU DARE

Discover the Possibilities

Hiring Fair for McDonald's® Restaurant at The District (Country Hills Blvd. & 14th St. NE)

- Flexible work hours
- New competitive starting rates
- Educational scholarships
- Employee food discount at 50% off

On Thursday, October 23rd from 11am to 7pm, come in for an onsite interview at the Best Western Premier Freeport Inn & Suites located at 88 Freeport Blvd. NE, Calgary. Or apply at 40478@post.mcdonalds.ca

©2014 McDonald's

2014 Best Employers in Canada

Crowds flock for free flu vaccine

By needle or by nose.
Most adults get the shot but can ask for the spray



ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgarians lined up at clinics across the city Monday to get the first of more than two million doses of influenza

vaccine the Alberta government has purchased for this flu season.

"We tried to beat the lines," said Jon Otis, who, along with his son Jasper, was among the first to get immunized at the South Calgary Health Centre.

Otis said this was the first year Jasper got the needle instead of the nasal spray.

"It hurt," the eight-year-old said.

Most adults will get the needle by default but can ask for the spray, if they prefer, said Dr. Judy MacDonald, medical officer of health for the Calgary zone.

The nasal spray, which contains a weakened but live flu virus, will be made available to people between the ages of two and 59 years old, but is typically geared toward children and teenagers and works best in patients

between age two and 17, MacDonald said.

The injected vaccine, by contrast, contains a "killed, inactivated" virus, MacDonald noted.

Free vaccines are available at many doctors' offices and pharmacies.

For more information, visit albertahealthservices.ca/influenza or call Health Link Alberta at 1-866-408-5465.



Jasper Otis, 8, gets his first flu shot Monday. In previous flu seasons he had opted for the vaccine in nasal spray form. ROBSON FLETCHER/METRO

Get more
with the BMO®
Biz Starter for
Small Business.

More value, more benefits
and more support to get
your business started.*

Visit your local branch or
bmo.com/bizstarter



We're here to help.™

*Terms and conditions may apply.
™ / ® Trade-marks/registered trade-marks of Bank of Montreal.

Couple slain. Accused pleads not guilty to 2013 murders of News Talk 770 sports director, wife

The man accused of killing former News Talk 770 sports director Billy Powers and his wife, Donna Lee, in July 2013 has pleaded not guilty to two counts of second-degree murder.

At a hearing Monday to determine Derek Puffer's mental state at the time of the crime, the courtroom heard the details of the final night of Billy and Donna Powers'

Quoted

"I've been hearing voices. Did you find the knife?"

Accused double murderer Derek Puffer on the night of the murders

life, when the couple were stabbed a combined 25 times.

Puffer was the adopted son of Donna Lee. The murders occurred at the couple's Braeside home in southwest

Calgary.

In an agreed-to statement of facts, the court heard of the communication between Puffer and arresting officers on the night of the murders.

Puffer said, "I've been hearing voices. Did you find the knife? They're in the bedroom, they put a chip in my brain."

It's expected the defence will try to prove Puffer was not legally sane at the time of the murders, as his medical history includes an undiagnosed battle against schizophrenia dating back to 1995.

METRO

Woman injured

Police probing ATV crash

The Alberta Serious Incident Response Team (ASIRT) has been assigned to investigate a weekend ATV crash that left a young woman seriously injured.

On Sunday, a 21-year-old woman with a mental disability drove her family's ATV off their property near Gleichen onto a nearby highway. After noticing her swerving through traffic, an RCMP constable began to

follow her down Highway 22X. She drove to Deerfoot Trail northbound where a helicopter joined the pursuit. She was travelling at 80 km/h in a 100-km/h zone.

Upon exiting Deerfoot Trail at Southland Drive, she lost control of the ATV, hit a metal fence and was ejected from the vehicle, landing on a nearby bike path.

Anyone who witnessed the crash is asked to call ASIRT at 403-592-4306.

METRO

City considers safety plan for new nightclubs

Entrepreneurs hoping to make their mark on Calgary's nighttime party scene may soon be required to jump through a few hoops before throwing open their doors.

Kent Pallister, the city's chief licence inspector, said his department is looking at adopting a model already used in Edmonton that sees all nightclub owners draft a public safety plan before their grand opening. Currently, he conceded, much of the work

to crack down on rowdy establishments is reactive, not proactive.

"It's all about their noise plans, safety plans, patron management plans, what kind of music they're going to play," he said. "If we intervene early and steer them, it's an easy little tweak. It's not a massive change where all of the sudden they're up and operating and they've got clientele that thinks they can go crazy and the neighbours

are already disturbed."

Pallister said such plans likely wouldn't be necessary with a neighbourhood watering hole but said the model could prove particularly useful in scenarios where a problem nightclub that shut down is reopened by new owners.

He said the move is purely proactive, as citywide bar safety actually appears to be improving. This year, just four licensed premises have

faced suspensions, one saw an outright revocation and one had a condition placed on its licence. Last year, just two suspensions were issued the entire year.

Safety in and around city bars was drawn into question by Coun. Diane Colley-Urquhart earlier this year after she watched footage of a fight between an intoxicated patron and two doormen early Aug. 31 out front of Jameson's Irish Pub. **JEREMY NOLAIS/METRO**

Home Outfitters

JUST FOR YOU ALBERTA!

Oct. 22-23
open house

2 DAYS ONLY!

Wed. Oct. 22 & Thurs. Oct. 23

save an
extra

20% off

or save an

extra 15% off

on regular, sale & clearance priced items when you use any other tender
Excludes kitchen electrics, household appliances, beverage pods, beverage consumables, vacuums & personal care



Celebrate our
15th anniversary!

Join us for deals, demos &
good times in store!

almost anything in-store

on regular, sale & clearance priced items when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card
Excludes kitchen electrics, household appliances, beverage pods, beverage consumables, vacuums & personal care



& save an

extra 10% off

on regular, sale & clearance priced kitchen electrics, household appliances, beverage pods, beverage consumables, vacuums & personal care with any tender



Canada's **largest** kitchen, bed and bath superstore!

Sign up to receive our emails at homeoutfitters.com



9.2.2 H14. IMPORTANT CUSTOMER INFORMATION: Valid Wednesday, October 22 & Thursday, October 23, 2014. **10%, 15% & 20% offers:** To redeem, please present this original coupon to the cashier. Discounts are mutually exclusive. No price adjustments on purchases made prior to Wednesday, October 22, 2014. Offers cannot be combined with any other coupon offer, new account discount or Open House 2 day only offers. Home Outfitters reserves the right to dishonour and confiscate any coupons in which in its sole opinion have been copied, altered, forged or obtained through unauthorized sources. Refunds, or purchase(s) made using this coupon will be reduced by the value of the coupon as indicated on the sales receipt. This coupon has no cash value and is redeemable for merchandise only. Only valid at Home Outfitters. **15% & 20% offers:** Excludes regular, sale and clearance kitchen electrics, household appliances, beverage pods, beverage consumables, vacuums, personal care, All Clad, Dyson, Le Creuset, Licensed departments, Gift Cards, POA and Gift Registry online & Smart Buys. **10% offer:** Applicable on regular, sale and clearance items includes kitchen electrics, household appliances, beverage pods, beverage consumables, vacuums & personal care. Excludes Dyson, Saeco, Breville The Boss™ blender, Jura, Licensed departments, Gift Cards, POA and Gift Registry online, Smart Buys, Excludes Open House 2 day only offers. Hudson's Bay Credit, Home Outfitters, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.



Sean Chu texts his wife as he awaits the results of the Ward 4 election — which he

A year of blowing'

One down, three to go.
Rookie councillors reflect on first year in office



ROBSON FLETCHER
robson.fletcher@metronews.ca

One year after being elected, Calgary's newest councillors say what's struck them most about the job so far is the stunning pace of the city's growth and the sheer volume of information they must consider when making decisions.

"I'm most surprised at how much time we spend on council deciding certain issues, and how much reading we have — the workload," said Coun. Sean Chu, who was elected as the Ward 4 representative on Oct. 21, 2013, unseating incumbent Gael MacLeod.

Chu's comments are backed up by the latest data compiled by the Manning Foundation's "Council Tracker" project,

which found that elected officials have been given at least 1,619 documents totalling some 13,257 pages and more than 3.5 million words to read, as part of their meeting agenda packages.

And that's only counting meetings between last October's election and July 28, before council went on their summer break. Lead researcher Jeromy Farkas said he's still compiling the data from meetings held in September and October.

Many of those documents contain briefings on issues related to the city's explosive population growth — everything from proposed routes for extended roads and sewer lines to the policies on cost-sharing with developers to the dozens of individual applications for secondary suites that council must approve, one by one.

Coun. Ward Sutherland, who won Ward 1 in a close race against second-place finisher Chris Harper, following the retirement of longtime alderman Dale Hodges, said the city's "un-



ultimately won — at La Luna Rossa restaurant on Oct. 21, 2013. METRO FILE

‘mind-growth

precedented growth” remains the “top issue” for him.

“My concerns about the growth of the city were there at the beginning; they’re more emphasized now,” he said, noting Calgary added more residents than ever before, according to the 2014 municipal census, and some projections suggest the population will grow by another 40,000 people in the next year.

Coun. Evan Woolley, who unseated incumbent John Mar in Ward 8 last election, said what’s surprised him most about his first year on council is “the immense amount of incredible things that are happening in the city” in response to that growth.

“Calgarians are forward-thinking and we’re building, not just in the physical sense,” he said. “We’re activating neighbourhoods, from theatre, culture to buildings. We’re just growing massively and the creativity in this city is mind-blowing.”

Facts and figures

- 1,195,194 people were recorded in the 2014 municipal census, an increase of 38,508 people, or 3.3 per cent, over 2013. That’s the largest population increase the city has ever seen in a single year.
- Councillors have formally met for 47.4 hours in private and 158.7 hours in public between the last election and July 28, according to the Manning Foundation, which is still adding up meeting time from September and October.
- If a councillor were to have read every page of every report in the meeting packages at a normal pace, it would have taken 498 hours in total, or 18.5 hours per week, according to the Manning Foundation.

Twin girls

Sentencing hearing postponed for abusive mother

A sentencing hearing has been postponed for an Edmonton mother who starved and abused her two-year-old twin daughters before one of them died in hospital.

The woman, who can’t be named, pleaded guilty earlier this year to manslaughter, ag-

gravated assault and failing to provide the necessities of life.

Defence lawyer Chady Moustarah told court Monday that he has an “ethical conflict” and must withdraw from the case. He said his client has the option of asking a new lawyer to file an application to strike her guilty pleas but didn’t indicate if that is her plan.

The 36-year-old woman has had three other lawyers since she was arrested in 2012. She was originally

charged with second-degree murder.

Court of Queen’s Bench Justice Eric Macklin ordered her back in court Thursday, hopefully with another lawyer, to set a new hearing date.

In June, the woman admitted in a court document that she didn’t provide her daughters with adequate food and assaulted them over a prolonged period of time. The assaults led to serious head injuries.

Paramedics called to the

family’s home on May 25, 2012, found the tiny twins strapped in infant car seats. They were no bigger than six-month-old babies. Skin was hanging loose from their bodies, their ribs stuck out from their chests and they were covered in scabs and bruises.

Police found their four-year-old brother was healthy and had been well cared for. The house was also stocked with food.

THE CANADIAN PRESS

CALGARY woman's show

October 25-26
BMO Centre, Stampede Park

Celebrating 32 Years

THOUSANDS OF PRIZES!

A lux gift basket from
Valued over **\$2,500!** **smashbox**

Alberta Rocky Mountain Stay-cation from
Valued over **\$2,000!** **PARADISE RESORT CLUB**

CFW Radiology
Specialists in Diagnostic Imaging
ENTERTAINMENT STAGE

CO-OP
WINE SPIRITS BEER
COOKING & SAMPLING STAGE

TONY DOVOLANI
Dancing with the Stars

JOSHUA MORROW
The Young and the Restless

MARCUS GRODD & LACY FADDOUL
Bachelor in Paradise

OVER 300 EXHIBITS
SAMPLES & TASTINGS • FREE SWAG
FASHION SHOWS
NON-STOP ENTERTAINMENT
FASHION, BEAUTY & HOME DÉCOR TIPS

Our Charity of Choice
Purchase your discount tickets online or at participating **CO-OP** stores.

YOUTH CENTRAL

calgarywomansshow.com CalgaryWomansShow WomansShowYYC

YOUR ALBERTA CHRYSLER, JEEP, DODGE AND RAM DEALERS

Tobacco laws. Province still hazy on banning menthol cigarettes as part of Bill 206

Health advocates fear part of Alberta's flavoured tobacco legislation that would ban menthol may go up in smoke.

Cathy Gladwin asked Health Minister Stephen Mandel and Premier Jim Prentice about the law last week when they knocked on her door while they were campaigning in Edmonton, where Mandel hopes to win a seat in a byelection.

Gladwin, who is on the board of the Alberta Public Health Association, said she asked them not to exempt menthol from the legislation, which was passed last fall, but has not yet been put into effect.

She said Mandel told her that banning menthol is a difficult challenge. He would not give her any assurances, she said.

"It sounds like it is a no-go on menthol," she said in an interview.

"That was definitely my impression, that they were going to let menthol be ex-

Quoted

"I did say to them, 'If you don't include menthol, it won't prevent youth from taking up smoking.'"

Cathy Gladwin, Alberta Public Health Association board member, on a conversation she had with Health Minister Stephen Mandel and Premier Jim Prentice

empt.

"I did say to them, 'If you don't include menthol, it won't prevent youth from taking up smoking.'"

Bill 206 calls for banning flavoured tobacco products, but doesn't specifically mention menthol or any other flavour.

The legislation is aimed at restricting the sale of tobacco products that are designed to attract young people. But the law gives the government the authority to apply the ban to everyone.

THE CANADIAN PRESS

Supportive living. Premier announces plan to build 1,200 new living spaces

Premier Jim Prentice says the province will build 1,200 new supportive living spaces in both urban and rural areas.

That's in addition to 300 spaces he announced last week.

Prentice says one of his priorities is to provide seniors with safe, affordable and quality housing that is close to their families and friends.

The project has been put out to tender and the deadline for applications is Dec. 19.

Prentice says priority

will be given to bids from companies that can begin development within six months.

The cost is pegged at \$180 million, which the government hopes to share 50-50 with the private sector.

Supportive living is designed for people who are no longer able to stay in their own homes. Residents have private rooms and have access to meals, housekeeping and 24-7 professional nursing care as required.

THE CANADIAN PRESS



Mayor Nenshi unveils the new St. Patrick's Bridge on Monday. HELEN PIKE/METRO

Residents rejoice in St. Patrick's Bridge

East Village to Bridgeland. After years of waiting and delays, the St. Patrick's bridge is finally open to the public

Quoted

"It's way better than the old bridge; I used to bike up to the North East and that old bridge, it wasn't good in the winter."

Fa-Linn Woollings, Beltline resident



HELEN PIKE
helen.pike@metronews.ca

A long-awaited bridge over troubled water was ceremoniously opened with much fanfare Monday, as kids, stilt-walkers, unicyclists and excited Calgarians helped welcome the city's newest landmark.

Alana and Gail Feist took young James on his first spin over the St. Patrick's pedestrian bridge.

"I think it's going to be absolutely wonderful," said Gail. "I was just saying to Alana that as James gets bigger, they'll be able to go to this little park that they're going to have with a playground and perhaps a

beachy-type area."

The skipping stone structure spans the Bow River, connecting the East Village to Bridgeland, a community increasingly appropriately named for its abundance of bridges.

The project was a long time coming. In 2013 the bridge was about three months away from completion when the flood

ripped through Calgary, forcing workers to start over.

"It's way better than the old bridge; I used to bike up to the North East and that old bridge, it wasn't good in the winter," said Fa-Linn Woollings, who lives in the Beltline and works in Victoria Park. "This is a nice shortcut, too, for running."

The project cost \$25 million and Michael Brown, CEO of the Calgary Municipal Land Corporation, estimates it will see more than 4,000 people a day in foot traffic and commuters alone. Mayor Nenshi also expects the bridge will be used as much as, if not more than, the Peace Bridge.



Ripple happily gnaws on a bone at the Edmonton Humane Society Monday. LEAH HOLOIDAY/METRO IN EDMONTON

Famous Edmonton pup looking for a good home

Edmonton's latest Internet sensation is just looking for a comfy bed and family to call his own.

Ripple, a one-and-a-half-year-old Mastiff cross, gained superstar status after a weather report he was featured on went awry.

In just three short days, the video of Ripple playfully tugging on his leash as lo-

cal weatherman Mike Sobel tried to deliver his weekend report has gained more than two million views and has been featured on the Ellen Show, CNN and Good Morning Edition.

Edmonton Humane Society spokesperson Warren Dean said that Ripple is just one of many dogs the organization has featured

with Sobel for his weather report.

"Mike's had a couple adventures with dogs before," Dean said with a laugh.

Describing Ripple as a high-energy pup, Dean added the attention he's brought to the Edmonton animal shelter is priceless.

After being brought to the society as an owner-sur-

render, Ripple is currently waiting to be adopted, patiently passing his time gnawing on a bone or two.

"He's a big dog. He's probably pound-for-pound one of the strongest dogs I've ever met," Dean said.

"He's still a puppy, but he's going to be a very good dog once a family or person puts in the correct amount

of time with him."

LEAH HOLOIDAY/METRO IN EDMONTON

The Ripple effect

Check out Ripple's now infamous video online at metronews.ca



Nigeria. 200 abducted schoolgirls may soon be released: Government

There is cautious optimism in Nigeria Monday over local reports that the more than 200 abducted Nigerian schoolgirls may soon be released soon as part of a ceasefire agreement with the country's Islamic rebels, Boko Haram.

However, Nigeria's federal government has not yet provided details on the terms of the truce that was announced on Friday by the military.

President Goodluck Jona-

Talks to continue

The schoolgirls are "alive and well" and talks to free them will continue this week in Chad, said Omeri.

than's government is "inching closer to the release of the Chibok girls," government spokesman Mike Omeri said.

THE ASSOCIATED PRESS

Killing of girlfriend

Pistorius to hear his fate Tuesday

Oscar Pistorius will finally learn his fate Tuesday when a judge is expected to announce the Olympic runner's sentence for killing girlfriend Reevea Steenkamp. He could be sentenced to years in prison, or to no jail time at all. THE ASSOCIATED PRESS

Indiana

Killings over 20 yrs. investigated

Police investigating the slayings of seven women whose bodies were found over the weekend in Indiana say the suspect has told them that he may have killed people going back 20 years. The suspect is identified as Darren Vann. THE ASSOCIATED PRESS

Nigeria now Ebola-free; 'spectacular success story'



Dr. Fadipe was infected with Ebola and survived. He stands in front of the amount of Oral Rehydration Solution he took. WHO/THE ASSOCIATED PRESS

Had 20 cases. Most populous African country defies the odds receiving WHO praise; 9,000 people altogether have been infected in West Africa

Water laced with salt and sugar, and gallons of the nasty-tasting stuff.

Doctors who survived Ebola in Nigeria credited heavy doses of fluids with saving their lives as the World Health Organization declared the country Ebola-free Monday, a rare victory in the battle against the disease that is ravaging West Africa.

In the end, Nigeria — the most populous country in Africa, with 160 million people — had just 20 cases, including eight deaths, a lower

death rate than the 70 per cent seen elsewhere across the stricken region.

Officials are crediting strong tracking and isolation of people exposed to the virus, and aggressive rehydration of infected patients to counter the effects of vomiting, diarrhea and other symptoms.

Nigeria's containment of Ebola is a "spectacular success story," said Rui Gama Vaz, WHO director for Nigeria.

Survivor Dr. Adaora Ig-onoh said the treatment is not easy. It entails drinking, as she did, at least five litres of the solution every day for five or six days when you have mouth sores and a sore throat and feel depressed.

"You don't want to drink anything. You're too weak, and with the sore throat it's difficult to swallow, but you know when you have just vomited, you need it," she said. THE ASSOCIATED PRESS



EDUCATION THAT GETS YOU HIRED!



**HOTEL AND TOURISM
MANAGEMENT**

**LEGAL
ASSISTANT**

**ACCOUNTING
AND PAYROLL**

**OIL AND GAS
ADMINISTRATIVE ASSISTANT**

**BUSINESS
ADMINISTRATION**

- Government funding and scholarships available
- Career-focused training programs tailored to the demands of the marketplace.
- Flexible class timings
- Quality hands-on education

HELPING YOUR CAREER
MOVE FORWARD

403 719 4300

www.abmcollege.com
3880-29 St. NE, Calgary AB

**Health Care Aide • Medical Office Assistant & Unit Clerk
Pharmacy Assistant • Massage Therapy • Hairstyling • Esthetics
Legal Assistant • Business Administration • Hospitality Business Management
Accounting & Payroll • Oil and Gas Administrative Assistant**

GRESS FASTER.

Become a pro.

Choose the professional accounting and business designation valued by employers in every sector of the economy.

Attend an information session for details.

October 23, 2014

Chartered Professional Accountants
300, 1210 8th Street SW, Calgary

RSVP: rsvpcalgary@albertaaccountants.org

For additional dates
and information, visit:
albertaaccountants.org/Become-a-CPA





This image, taken with a fisheye lens, shows beach-goers cooling off during the Southern California heat wave in September in Huntington Beach, Calif. CHRIS CARLSON/THE ASSOCIATED PRESS

Feeling hot, hot, hot!

Temperature rising. September the fourth month to set a record for heat this year

Earth is on pace to tie or even break the mark for the hottest year on record, U.S. meteorologists say.

That's because global heat records have kept falling in 2014, September being the latest example.

The National Oceanic and

Atmospheric Administration announced Monday that last month the globe averaged 15.7 degrees Celsius. That was the hottest September in 135 years of record-keeping.

It was the fourth monthly record set this year, along with May, June and August.

NASA, which measures temperatures slightly differently, had already determined that September was record-warm.

The first nine months of 2014 have a global average temperature of 14.7 C, tying with 1998 for the warmest first nine

months on record, according to NOAA's National Climatic Data Center.

"It's pretty likely that 2014 will break the record for hottest year," said NOAA climate scientist Jessica Blunden.

The reason involves El Nino, a warming of the tropical Pacific Ocean that affects weather worldwide. In 1998, the year started off super hot because of an El Nino. But then El Nino disappeared and temperatures moderated slightly toward the end of the year.

THE ASSOCIATED PRESS

Hawaii

No injuries after family faces shark

A surfer holding his eight-year-old son says he punched and smacked a shark with his board to stop an attack off Maui.

Kaleo Roberson said he was surfing Saturday with 20 others — including his three sons — when a 12- to 14-foot tiger shark appeared. Roberson didn't see the shark until it was a few feet away. No one was injured.

THE ASSOCIATED PRESS

Yukon

Bear kills woman

Yukon's coroner's service says a grizzly bear that fatally attacked a woman had climbed inside her home before chasing her outside and mauling her.

Claudia Huber, 42, died of her injuries on Saturday following the attack near Johnson's Crossing, located about 136 kilometres south-east of Whitehorse.

THE ASSOCIATED PRESS

Edible marijuana. Products too attractive to kids, health officials say

Quoted

"Labelling and packaging are the best and only way to deal with accidental ingestion."

Joe Hodas, chief marketing officer of Dixie Elixir Mints, which makes marijuana-infused soda

Colorado health officials want to ban many edible forms of marijuana, including brownies, cookies and most candies, limiting legal sales of pot-infused food to lozenges and some liquids.

The Colorado Department of Public Health and Environment told marijuana regulators that many forms of edible marijuana "are naturally attractive to children" and violate the law's "requirement to prevent the marketing of marijuana products to children."

The recommendation was obtained by The Associated Press in advance of a third and possibly final workgroup meeting Monday to draw up rules for identifiable markers or colours for edible marijuana products so they won't be confused with regular foods.

The health department's recommendation, sent to the regulators Oct. 14, would effectively take

most forms of edible marijuana off store shelves. The final decision will be made by the Department of Revenue's Marijuana Enforcement Division, which oversees retail marijuana sales.

Lawmakers have ordered state pot regulators to require pot-infused food and drink to have a distinct look when they are out of the packaging.

The order came after concerns about the proliferation of pot-infused treats that many worry could be accidentally eaten by children.

THE ASSOCIATED PRESS



ROGERS TALKS 2014

ADVICE & INSIGHTS FOR BUSINESS OWNERS

Join us again this year for our FREE cross-country speaker series – *Rogers Talks*.™ You'll gain actionable tips and insights from leading industry experts so you and your team can drive your business forward.

Coming to Calgary, November 4th at the Four Points Calgary Airport

Visit rogers.com/RogersTalks to register
#RogersTalks



Value Village pulls its 'sexy' Halloween costumes for kids

'It's sick.' Popular thrift store decides to remove some of its children's costumes after criticisms from a mother in Victoria



THANDI FLETCHER
Metro in Vancouver

Value Village will be pulling some children's Halloween costumes from store shelves after a B.C. mom complained the outfits were too sexy for kids.

The U.S.-based thrift store giant announced the move Monday after Victoria mom Raina Delisle wrote an online column, which sparked outrage on social media, about a recent experience at her local Value Village shopping for a firefighter costume for her four-year-old daughter.

"The girls' costume was skin-tight, shiny black fabric and was paired with a fascinator instead of a helmet," Delisle told Metro. "It didn't even look like the real thing."

In contrast, Delisle said the boys' firefighter costume was more realistic, with a bright red jacket, yellow reflectors and a firefighter helmet.

Delisle said she was shocked by the stark differ-

ence between the two costumes, as well as many other costumes in the store that were highly sexualized and marketed to girls as young as four.

"It's telling young girls that their bodies are more important than their brains, and that they need to be sexy to be successful," she said.

"Boys and men could start to see them as objects and it feeds into the whole idea of objectifying women."

Delisle believes parents have a role to play in choosing costumes for their kids. She said she believes store also has a corporate responsibility.

"It's sick," she said. "These are not just costumes. This is a problem with society."

Diane Sowden, executive director of Children of the Street Society, a non-profit charity dedicated to preventing the sexual exploitation and trafficking of children, said skimpy Halloween costumes are becoming increasingly common for young children.

"It makes light of the issue of sexual exploitation of children and youth," she said. "We all know sex sells, but not on the backs of our children and our youth."

Sowden encouraged parents to use the costumes as an educational opportunity to talk to their children about why the outfits are inappro-



Victoria mom Raina Delisle was appalled to find a "sexy" firefighter costume for girls as young as four while shopping at her local Value Village. COURTESY RAINA DELISLE

priate.

University of B.C. professor Mona Gleason, whose research interests include children and youth gender studies, said consumers have a duty to speak out when products clash with societal values.

"The marketplace is often just exploiting the lowest

common denominator," she said. "We need to ensure that as a culture and a society, we need to not make the mistake of allowing businesses to be our moral compass or our ethical compass."

On Monday, Value Village spokeswoman Sara Gaugl said the company selects its Halloween inventory based on

feedback and demand from shoppers, but that it would remove the costumes from its stores.

"We apologize to those who were offended and as we move forward, we will evaluate all costumes and packaging, keeping this specific customer feedback in mind," Gaugl wrote in an email.

Hit-and-run

Driver who hit two Forces members was known to authorities

A 25-year-old man who died from police gunfire after he struck two members of the Canadian Forces with his car had "become radicalized," the Prime Minister's Office said Monday.

Prime Minister Stephen Harper was briefed Monday afternoon by RCMP Commissioner Bob Paulson; Tom Lawson, the country's top military commander; and national security adviser Stephen Rigby.

One of the two people hit was listed in critical condition, while the other's injuries were described as less serious.

News of the incident surfaced inside the Commons early Monday when Conservative MP Randy Hoback asked Harper to update the House about "unconfirmed reports of a possible terror attack" against two members of the Canadian Forces.

Harper said he was aware of the reports and called them "extremely troubling."

"First and foremost our thoughts and prayers are with the victims and their families; we're closely monitoring the situation and obviously we will make available all of the resources of the federal government," he told the House. **THE CANADIAN PRESS**

Join the Healthcare Team Today!

REEVES COLLEGE

Job Opportunities Include:

- Hospitals
- Private Agencies
- Continuing Care Facilities
- Family Service Associations
- Government Social Service Departments and Agencies

Job openings in the health sector are expected to grow over the next few years. Reeves College's Health Care Aide program will provide hands-on training to help you develop the skills you need to be successful in the industry.

FOR MORE DETAIL:
learn.reevescollege.ca 1-800-710-1448

facebook/REEVESCOLLEGE twitter/REEVESCOLLEGE YouTube/REEVESCOLLEGE

Oscar de la Renta. Renowned socialite fashion designer dead at the age of 82

Oscar de la Renta, the worldly gentleman designer who shaped the wardrobe of socialites and Hollywood stars for more than four decades, has died. He was 82.

The late '60s and early '70s were a defining moment in U.S. fashion as New York-based designers finally carved a look of their own that was taken seriously by Europeans. De la Renta and his peers, including the late Bill Blass, Roy Halston and Geoffrey Beene, defined American style — and their influence is still spotted today.

De la Renta's specialty was eveningwear, though he was also known for chic daytime suits favoured by the women who would gather

at the Four Seasons or Le Cirque at lunchtime. His signature looks were voluminous skirts, exquisite embroideries and rich colours.

De la Renta's path to New York's Seventh Avenue took an unlikely route: He left his native Dominican Republic at age 18 to study painting in Spain but soon became sidetracked by fashion. The wife of the U.S. Ambassador to Spain saw some of his sketches and asked him to make a dress for her daughter — a dress that landed on the cover of Life magazine.

By 1963, he was working for Elizabeth Arden couture in New York and in 1965 launched his own label.

He said in 2004 that his Hispanic roots worked their

way into his designs.

"I like light, colour, luminosity. I like things full of colour and vibrant," he said.

As a designer, de la Renta always catered to his socialite friends and neighbours — as the designer and his wife, Annette, were fixtures on the black-tie charity circuit — but did make occasional efforts to reach the masses, launching a mid-priced line in 2004.

He was an avid patron of the arts, serving as a board member of The Metropolitan Opera and Carnegie Hall, among others, and he devoted considerable time to children's charities, including New Yorkers for Children. **THE ASSOCIATED PRESS**

Lose track of time.
Not your finances.

Banking can be this comfortable.



Take online banking on the go with the TD app.

Your family adventures can take you to the local park or to faraway lands. Whatever the case, know you can still have the benefits and security of online banking in your back pocket. Literally. Download the TD app and enjoy banking from almost anywhere. We recommend some place sunny.

Download it easily



Market Minute

DOLLAR
88.62¢ (-0.06¢)

TSX
14,337.77 (+110.09)

OIL
\$82.71 US (-\$0.15)

GOLD
\$1,244.70 US (+\$5.70)

Natural gas: \$3.67 US (-\$0.05)
Dow Jones: 16,399.67 (+19.26)

Dark clouds on horizon

Canada keeps AAA credit rating ... for now

Canada is maintaining its triple-A credit rating thanks to a steady economic outlook, but the country also faces potential risks amid mounting household debt and climbing house prices, the U.S. credit rating agency Moody's Investor Service said in a report Monday. **THE CANADIAN PRESS**

Ongoing beef. WTO rules U.S. meat-labelling laws have hurt Canada, Mexico

Canada has won a battle in an ongoing trade dispute with the United States, over meat-labelling laws that have hurt the beef and pork industries.

The World Trade Organization released a ruling Monday that said U.S. country-of-origin labelling (COOL) rules discriminate against exports from Canada and Mexico.

The rules, which went into effect in 2008 and were updated last year, are blamed by the Canadian meat industry for reducing exports to the U.S. by half.

The WTO compliance panel said COOL breaks trade rules because it treats Canadian and Mexican livestock less favourably than U.S. livestock.

The panel said changes the U.S. made to the rules last year made the policy even more detrimental to livestock ex-

Origin story

2008

U.S. country-of-origin labelling (COOL) rules went into effect in 2008 and were updated last year.

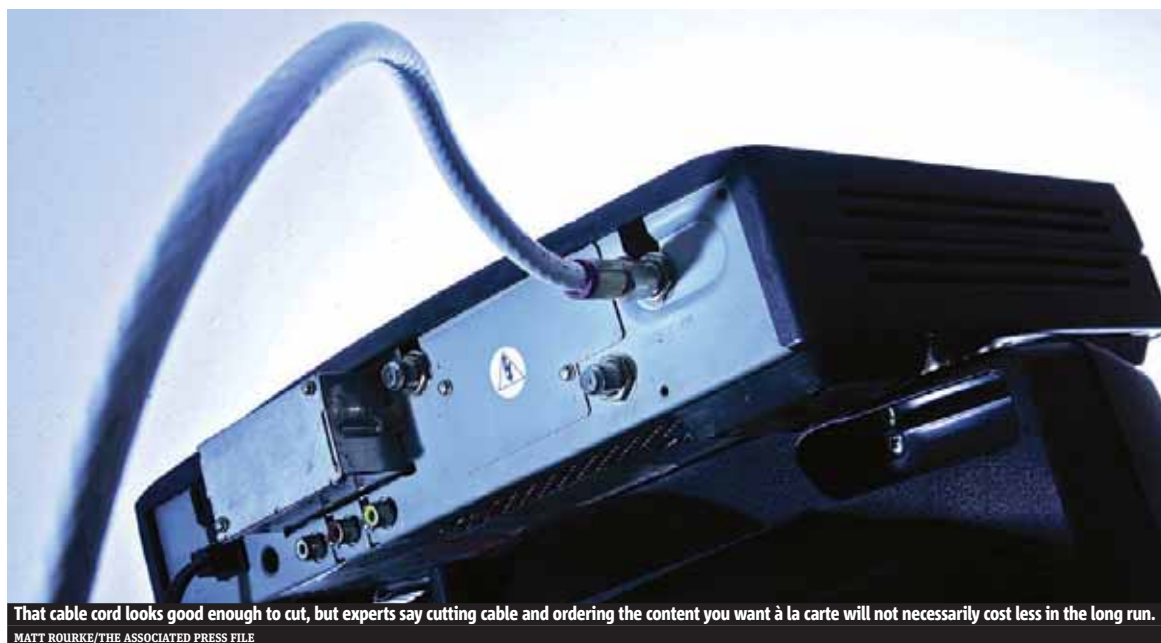
porters.

"The compliance panel concluded that the amended COOL measure increases the original COOL measure's detrimental impact on the competitive opportunities of imported livestock in the U.S. market," the panel said. "It necessitates increased segregation of meat and livestock in the U.S. market, entails a higher record-keeping burden and increases the original COOL measure's incentive to choose domestic over imported livestock."

The federal government hailed the ruling Monday and called on the United States to comply with the WTO decision.

"Today's WTO compliance panel's report reaffirms Canada's long-standing view that the revised U.S. COOL measure is blatantly protectionist and fails to comply with the WTO's original ruling against it," Agriculture Minister Gerry Ritz said in a statement.

THE CANADIAN PRESS



That cable cord looks good enough to cut, but experts say cutting cable and ordering the content you want à la carte will not necessarily cost less in the long run.
MATT ROURKE/THE ASSOCIATED PRESS FILE

Cord-cutters will still pay the piper

To cut or not to cut?

That is the question many customers are asking these days, but experts warn going à la carte may not be cheaper

Changing the channel

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service."

FBR Research analyst Barton Crockett explains U.S. content and cable companies are going from being worried about content being available on the Internet to being excited about it, as it's a way to get customers to buy their Internet and pay for faster speeds.

Cord-cutters rejoiced last week after HBO and CBS announced plans to sell stand-alone streaming services in the U.S., a move that cable and satellite television providers have resisted for years. Customers tired of paying big fees for hundreds of channels they never watch just to have access to a few favourite shows might be expected to start cancelling cable service in droves. Get Netflix, throw in HBO, add a network here and there — why would anyone sign up

now for cable?

Well, don't sound the death knell for cable companies yet.

Some would-be customers may balk when they see just how much it actually costs to pay à la carte. Stations that offer services à la carte will have to pay for marketing that the cable and satellite companies usually cover. Fewer eyeballs on live TV could mean less advertising revenue, since online ads are generally cheaper, and that will boost the network's cost

of running the channel.

And smooth streaming costs money: To avoid so-called "throttling" during peak evening viewing times, Netflix buckled to broadband distributors like Comcast and Verizon and paid up so that its streaming service would run at a higher bandwidth and work more smoothly. Those added costs might be passed on to customers.

And for all those cable haters out there, sorry: Cutting the cord won't mean cutting out your cable pro-

vider. They often own some of your favourite channels (Comcast owns NBC Universal, parent of Bravo and USA) and in most areas they are the gatekeepers to the Internet. Offering popular channels like HBO over streaming could actually help cable companies sell more expensive broadband services to customers.

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service," says FBR Research analyst Barton Crockett. "Content companies and cable companies are evolving from being very worried about making their content available through Internet services to very excited about that. It's a way to sell their Internet and get people to pay for faster speeds." **THE ASSOCIATED PRESS**

I, SREELAKSHMI

Indian Passport Number: H6089884
D/o. Prakashan Kirandumkara, residing at 79 Tarawood
Road NE, Calgary, am changing my name from:

Given Name: Sreelakshmi
Surname:
To Given name: Sreelakshmi
Surname: Nair

For all purpose per affidavit dated,
October 13, 2014.

ALL CONCERNED PLEASE NOTE

Most people have debt...

It's true, but if you're having trouble solving your debt, we can help.

Call us today for a free consultation. We will help you find the right debt solution - one designed specifically for you.



Bruce Alger Marie Kozlowski Angela Lock



Call: 403 310 8888
Visit: GT.Alger.ca
Text: 403 482 9000



Grant Thornton

Proposal Administrator | Trustee in Bankruptcy

© Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.

STOP BITCHING ABOUT SKINNY BITCHES

In case you've missed it, the booty seems to be having a bit of a cultural moment.

In her insufferably catchy song All About That Bass, singer Meghan Trainor croons about how she's got all the right junk in all the right places. Similarly, rapper Nicki Minaj's Anaconda and Jennifer Lopez's Booty are odes to women with large behinds (and the graphic and ridiculous videos are a whole other story).

The amount of radio airtime dedicated to these tracks is enough to make anyone's ears bleed, but there are also some deeper issues here. First of all, the lyrics focus on looking a certain way in order to earn the attentions of the opposite sex. This is nothing new, of course, but the fact that both Trainor and Minaj use the phrase "skinny bitches" to berate women with small physiques is not something heard very often on Top 40 play-



SHE SAYS
Jessica Napier
metronews.ca

lists — until recently.

At first listen, these pop anthems might seem empowering, but the lyrics are written in such a way that celebrates those with certain physical characteristics while excluding and name-calling those who are different. And while it's probably going to take a lot more than a couple of pop songs to overhaul North America's reigning beauty esthetic, we shouldn't be championing a particular physique at the expense of another.

And yet there's an increasing amount of disdain in our modern-day beauty rhetoric for those who are skinny. Former model Katie Willcox founded her body-positive website Healthy is the New Skinny, in response to her own issues with the modelling industry and the pressure she felt to lose or gain weight in order to look a certain way. Willcox was told her natural Size 8 frame was too

large for regular modelling but too small for the plus-sized world.

"Healthy is the New Skinny is a movement to support women all over the world to love themselves and each other," explains the site's manifesto. And while there are good intentions behind that mission statement and the philosophy certainly resonates with others (the site has almost 120,000 fans on Facebook), the brand name is a bit of a concern. I have to wonder... if the message here is about acceptance and self love, then why employ this "new skinny" cliché that undermines women with that body-type? Being healthy and skinny are not mutually exclusive concepts, and yet the name suggests just that.

Women don't need a "new skinny"; what we do need is to stop endorsing one body type over another and focus on our own individual happiness and physical well-being. Body types shouldn't be fetishized and health should be the ultimate goal, whether you're petite or plus-sized, muscular or minuscule.

Metro Bitstrips caption contest



Today's winner:
Kim Barsby



Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.

Bitstrips

MetroTube



Sweets: Probably cooler than your dog

REBECCA WILLIAMS
rebecca.williams@metronews.ca

It may be the goggles, or maybe the fact that this bulldog is named Sweets. Actually, it's just everything. Can your dog play dead? Good for it. Taught your dog to open the fridge? That's impressive. But is your dog so awesome it can pass off the coolest sign of solidarity that is the "biker wave"? Christine Sutton/YouTube



SCREENGRAB

Comments

RE: Intimate memoir aims to build trust: Trudeau, published online Oct. 20, 2014

Don't people usually write memoirs after they've actually done something in life? I think I'll wait for the movie.

BlindHorse, posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on pages 16 and 17 in Scene, page 21 in Life and page 38 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



Star Media Group President John Cruickshank • Vice-President & Group Publisher, Metro Western Canada Steve Shroat • Vice-President & Editor-in-Chief, Metro English Canada Cathrin Bradbury • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Calgary Darren Krause • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Distribution Manager David Mak • Vice President, Content & Sales Solutions Tracy Day • Vice-President, Sales Mark Finney • Vice-President, Finance Phil Jameson • METRO CALGARY Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • Telephone: 403-444-0136 • Fax: 403-539-4940 • Advertising: 403-444-0136 • adinfo@calgarymetronews.ca • Distribution: calgary_distribution@metronews.ca • News tips: calgary@metronews.ca • Letters to the Editor: calgaryletters@metronews.ca

DVD review



Snowpiercer

Director. Joon-ho Bong

Stars. Chris Evans,
Tilda Swinton

You couldn't ask for a better metaphor for hell on Earth than what Bong Joon-ho has wrought with *Snowpiercer*: constant forward momentum while getting absolutely nowhere, suffering all the while. That's the track and plight for the title train and its mostly miserable passengers: the poor multitudes in the back and the rich few in the front. All are condemned to circle the planet non-stop or risk freezing from a new Ice Age caused by mankind's own stupidity. The audacious Korean genre director behind *The Host* and *Mother* makes his grandest statement yet with this art house blockbuster, rich in visual and thematic imagery. It's a sci-fi thriller best described, without diluting the director's own brilliance, as a combination of the home-restoring quest of *The Wizard of Oz*, the dystopian class struggles of George Orwell novels and the grotesque characters of French fantasists Jean-Pierre Jeunet and Marc Caro. A star-studded international cast, topped by Chris Evans, Tilda Swinton, Ed Harris and Octavia Spencer helps make *Snowpiercer* a feast for the eye as well as the mind. You never know when someone famous will pop up. **PETER HOWELL**

Saldana's success has her singing sweet tunes

The Book of Life. Latest roles have actress priming her pipes and pondering a career change



**NED
EHRBAR**
Metro World News in Hollywood

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently, *The Book of Life* star could even see herself launching another career.

In *The Book of Life*, Saldana gives voice to Maria, the feisty girl at the centre of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna), and barrel-chested military hero Joaquin (voice by Channing Tatum).

Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered.

Got all that? Oh, and the narrative is punctuated with mariachi-tinged versions of songs by Radiohead, Mumford and Sons and Biz Markie. Hence the singing.

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's *Guardians of the Galaxy*, breaking into song didn't feel so strange.

"I sang when I shot Nina,



Zoe Saldana voices the feisty Maria, who finds herself in the centre of a love triangle in *The Book of Life*. Scan this photo with your Metro News App to hear what producer Guillermo del Toro has to say about making this film. CONTRIBUTED

and I worked vigorously with an amazing voice coach. So by the time I started doing the sessions for *Guardians of the Galaxy* and we got to sing, it had been about a year so I just sort of remembered all those things."

What she remembered was telling herself it was OK to add another skill to her resumé, despite whatever reservations she might have had initially.

"It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try

nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was."

The film is also a celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro.

"I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says.

"You are dealing with the beauty of a culture that, even though we've been neighbours since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea.

"It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists.

TELUS Spark presents:

MONSTER MASH-UP

October 25 & 26

FREE with Admission or Membership!

brought to you by: Calgary's Child, Global, K-FX

Get Tickets Online | SparkScience.ca

TELUS Spark

Your opinion matters!

Share your opinion on ads that run in Metro by joining the RAM panel at metronews.ca/panel.

metro

Go to metronews.ca/panel and join today

Avatar Secrets



Episode 6: Identity

In real life, Ramona heads to California, for Blizzcon, the gaming convention, and interviews players who have formed profound connections in the online world. "It's conceivable that a person might actually be more close to the person they're portraying in the virtual world than they are in the physical world," says John Seely Brown, author of *The Gamer's Disposition*. Scan this photo for a video of Seely Brown talking about what is "real."



COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarssecrets over the next few days as we post daily chapters from Avatar Secrets.

- Collector cards. You can also download 10 collector cards!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana seeks Miley's advice on celebrity life



NED
EHRBAR
Metro in Hollywood

It's tough being a Disney Channel alum turned international pop star, mostly because there are so few people who really get what you're going through.

Case in point: When Ariana Grande found herself feeling overwhelmed by nasty reports that she'd been caught swearing at her fans and that her life coach had quit on her, she had nowhere else to turn but Miley Cyrus.

"I was upset and I contacted Miley. I said, 'Miley, I'm so sad — what do I do? This isn't true. My heart is broken, I feel so bad,'" Grande tells the *Daily Mirror*.

"She was like, 'Girl, don't even look at it. Just be happy that you're blessed. You have family and friends that love you, you have fans that love you, who know what's true and what's not. It will blow over and, tomorrow, they'll be talking about something else.'"

I'm going to go ahead and assume Cyrus delivered this advice while lying spread-eagle on the hood of a car, tongue sticking out, but still, it looks like Grande has found a new life coach.

'No gay love scenes,' Rhimes tells tweeter, 'just scenes with people'

Here's a tip: Don't go on Twitter to complain to Shonda Rhimes about gay love scenes on the shows she produces, because she will respond. And she has a lot more followers.

A viewer named Dina Abdel Hakiem (925 followers) is getting more attention than she expected after tweeting to Rhimes (737,000 followers) that "the gay scenes on *Scandal* and *How to Get Away with Murder* are too much. There is no point and they add nothing to the plot."

Rhimes responded with a pair of tweets, starting with the simple, "There are no gay scenes. There are scenes with



Shonda Rhimes

people in them."

She later added, "If you use the phrase 'gay scenes,' you are not only late to the party but also not invited to the party. Bye Felicia."

Shocker not that shocking

More than a decade ago, Madonna shocked MTV viewers by locking lips with Britney Spears during the 2003 Video Music Awards, which might not seem like news, except Spears' manager, Larry Rudolph, feels like reminiscing. And you might be sur-

prised to learn — or not — that the lip-lock was completely planned. Rehearsed, even.

"Madonna had been very, very, very rigid about the rehearsals. She was telling Britney and I every day, 'Be here tomorrow at 10 o'clock,'" Rudolph now tells *Billboard*.

Mentoring him could be the start of something big
- like a rise in

literacy



start something with a
donation of time or money at
bigbrothersbigsisters.ca



Big Brothers Big Sisters.ca

LIFE 3

There's no need to 'sweat it out'

Hyperhidrosis. There are ways to reduce excessive sweating and its embarrassing effects

IZABELA SZYDLO
life@metronews.ca

There's the type of sweat that occurs when you finish an intense workout, after a few bites of your favourite spicy dish or during a 40-degree heat wave.

Then there's the type of sweat that happens even when you're simply sitting at your desk, eating a sandwich or when temperatures dip and everyone else is pulling out extra warm socks.

Medically known as hyperhidrosis, excessive sweating affects almost half a million Canadians, according to a Leger survey.

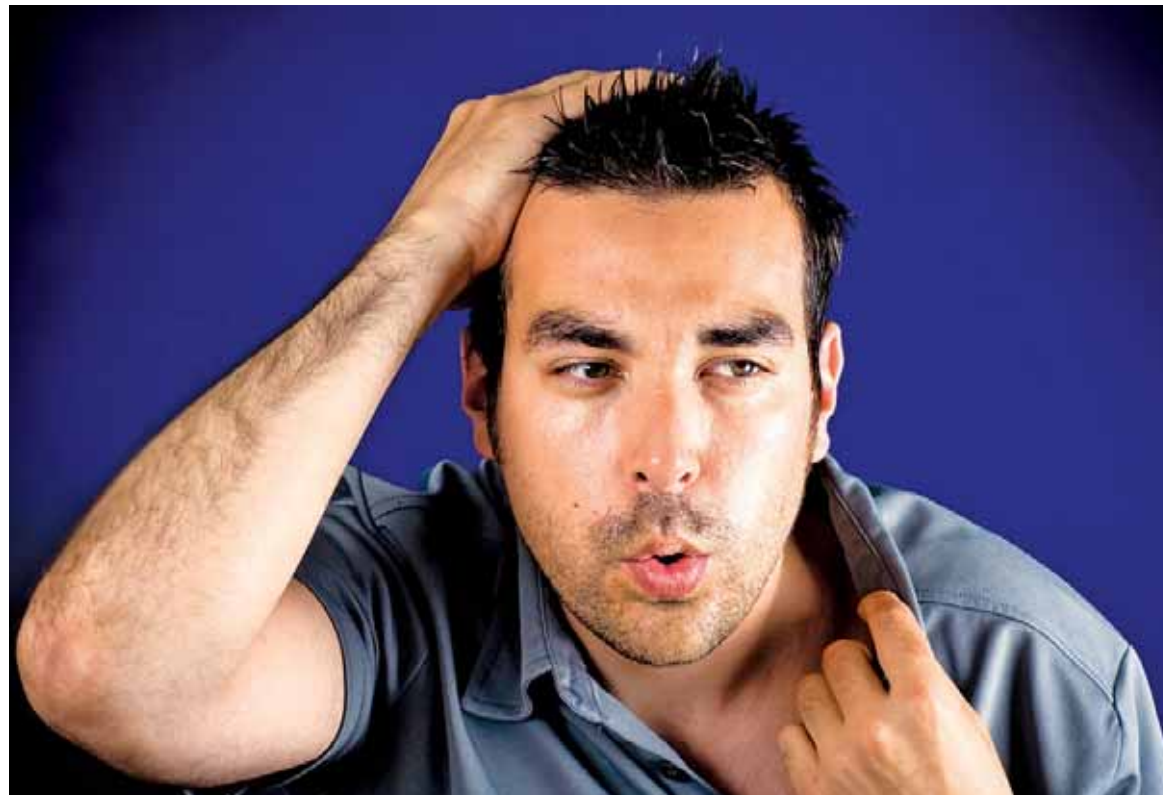
"If you have to worry about it, wear certain clothes, prepare for it, not do things because of it, then you're sweating too much," says Dr. Nowell Solish, the founder of Sweat Clinics of Canada, the first facility of its kind to specialize in treating excessive sweating.

Hyperhidrosis can occur anywhere, but most commonly affects the hands, feet, underarms, face, chest or back. Medical solutions depend on how bad the problem is and where it is occurring.

Solish says for the underarms he first recommends topical treatments such as antiperspirants and stronger aluminum chloride solutions, which are non-prescription but must be obtained from a pharmacist.

There are also a host of other options.

"If you're treating the underarm, Botox works extremely



There are several ways to treat excessive sweating, including topical treatments and Botox. ISTOCK

well with dramatic improvements in 95 per cent or more of patients. It lasts six to nine months," Solish says.

"Oral medications are better if you generally sweat, but the side effect is they will dry you everywhere, including your mouth and eyes."

For sweating of the hands and feet, Solish says a popular option is the use of an iontophoresis machine. It passes mild electrical currents down cables to treatment electrodes that are in trays of water. Placing hands and/or feet into the trays completes the circuit and allows currents to flow into the skin where they slow secretion

at the gland.

Solish says the most extreme solution is a surgery during which nerves in the spine that lead to sweat glands are cut. However, one side effect of the surgery is a patient may eventually start sweating in other places.

While Solish speaks freely about excessive sweating, another Leger survey found that more than half of Canadians say it is important to hide their sweating and nearly one in three are self-conscious about it.

"It's not the type of thing that comes up in conversation," says Solish. "I think

people know they're excessively sweating. I don't think they know it is a disease that can be improved."

Ceri Marsh, an etiquette expert and co-author of *The Fabulous Girl's Guide to Grace Under Pressure* and *The Fabulous Girl's Guide to Decorum*, says she isn't surprised by the study's findings.

"Whether fair or not, we read into sweat all sorts of things like lack of hygiene or nervousness," she says. "If it is that bad, it is worth looking into whether you have hyperhidrosis. In the meantime, there are other things you can do."

Marsh says practicing "sweatiquette" is being aware of how you're managing sweat. She says planning is the key to preventing embarrassing moments.

"If you're at school or work, you want to keep a clean undershirt or top with you that you can change into," she says. "Secondly, natural fibres will be a lot better for you than synthetics because they breathe and won't leave you feeling clammy. Dressing in layers also helps."

"Finally, you want to give yourself more personal space to respect social boundaries at events."

It's time to let this secret out.

www.prostateyyc.com



Prostate Cancer
Centre

psssst...
Calgary's best kept
secret is turning 15!





FLAMES vs LIGHTNING

LIMITED TICKETS STILL AVAILABLE

#IGNITED
**TONIGHT
7:00 P.M.**
CALGARYFLAMES.COM/TICKETS

SNF
SHAW
326 • 302
BELL
438 • 1438
TELUS
9910 • 910

metronews.ca
Tuesday, October 21, 2014

LIFE

19

For your phone

Breast Cancer: Beyond The Shock (ipad/Android/iPhone; free)



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This comprehensive and comforting video guide will give you a helpful understanding into the detection, diagnosis, and treatment of breast cancer. It's a great resource for both patients and family.



No, ice cream won't make it better

Study. New research suggests that comfort food may not bring you comfort after all

EVA KIS
Metro in New York City

Put down that pint of ice cream, don't order that tub of fried chicken, and skip that impulse candy bar purchase at the register. Whatever you eat when feeling sad, it's not working.

"Individuals may be giving comfort food 'credit' for mood effects that would have occurred even in the absence of the comfort food," concluded a study published in the journal *Health Psychology*.

The Myth of Comfort Food study out of the University of Minnesota found that comfort foods do lead to "significant improvements" in mood — just not any more than other foods, or no food at all. After filling out a ques-

tionnaire about their favourite ways to eat their feelings, study subjects watched sad movies in two separate lab sessions.

At the end of one session, they were offered their favourite comfort food; at the other, they were either given a neutral food or nothing.

Researchers then measured any short-term mood changes.

Their conclusion: "Although people believe that comfort foods provide them with mood benefits, comfort foods do not provide comfort beyond that of other foods (or no food)."

While believing in the effectiveness of a therapy can have a major impact on its outcome, even those participants who believed that self-medicating with food would help were left no better off.

Harry Potter fans won't be surprised to learn that there was one exception to the comfort food myth: chocolate. Whether given to participants before or after the sad films, it definitely made them feel better.



Most food won't bring you comfort, though chocolate is one sweet exception. iStock

Three ways to choose CARDEL InnerCity

1 BUY

Buy new semi-detached Inner City home, featuring spacious designs and a range of popular features

2 BUILD

Build a new semi-detached Cardel home on your own lot OR Cardel will build a custom home based on our single-family designs or a plan of your own

3 FIND

Source an inner city lot through Cardel. We'll help you find an ideal lot using our resources and realtor partners

Find us online for full details and quick-possession homes. Visit our showhome to learn more.

CARDELHOMES.COM/INNERCITY

**CARDEL
HOMES**

FREE ECZEMA EDUCATION SESSION

Life with Eczema

Topics

- Help for Hand Eczema
- Myths & Facts about Food Allergies and Eczema

Thursday, November 6th, 2014

7:00 pm to 8:30 pm

(Registration begins at 6:30 pm)

Calgary Public Library - Central Branch
616 Macleod Trail SE - T2G 2M2
John Dutton Theatre - 2nd Floor

Reserve your spot today! Email RSVP@eczemahelp.ca
Or call 1-855-ECZEMA-1

- Hear from expert dermatologists on eczema care, hand eczema, and the connection between eczema and food allergies
- Bring your questions for our expert panel
- Free educational materials

The first 50 people to register receive a FREE gift bag with a Cera Ve moisturizer and an eczema guide.



Life with Eczema is presented by Eczema Society of Canada and is made possible through generous unrestricted grants from Actelion Pharmaceutiques Canada Inc. and Valeant Canada LP.

www.eczemahelp.ca



FLAMES VS LI

metro

20

LIFE

metronews.ca
Tuesday, October 21, 2014

Let's talk sex — but not the porn kind

New book. Author Caitlin Moran has written a novel that aims to reclaim the joys of the feminine experience

EVA
KIS
Metro in New York City

Caitlin Moran's protagonist in her new novel *How to Build a Girl* is, as the title implies, a work in progress. But she doesn't need anyone's help — especially not when it comes to sex.

Johanna Morrihan's gluttonous embrace of the world extends to her libido, uncommon in books about 14-year-old girls and not because that impulse isn't there.

And it certainly didn't wait to be awoken by a man, a criticism Moran has levelled at many of the current entries in the YA genre.

How to Build a Girl reclaims the joys of the feminine experience.

At the book's U.S. launch in Brooklyn, Moran discussed what's wrong with sex for women (of any age) and modern female protagonists.

Another kind of teenage girl

"This book is about many things, but the main thing is that it's a filthy book — it opens with a wank. Basically, I wanted to write about a horny teenage girl I don't see often in popular culture, (to) reclaim the word 'slut.'"

What's missing by omit-

ting women's perspective

"In this book (the first in a trilogy), Johanna doesn't feel confident enough to let a man give her pleasure. She's never seen a man making a woman come. So she doesn't even know where that would happen in the sex; she's worried that if he tries to make her come with his hand that it might take too long, that she'd be known as a hand-wearer."

The sex you have should be your own

"Girls feel that if you've said Yes at some point to sex, then you have to see it through, it's almost like you've done some kind of contract and you'll be seen as a disappointment if you back away. The two most powerful words you'll learn as a girl are Yes — and No."

What really happened in Fifty Shades of Grey

"I know a lot of people who are in the BDSM community, there are reasons why you're into that sex, and why it pleases you, why it satisfies you, why that's what you need."

"But she clearly doesn't have the psychological make-up or background ... Basically, she's smacked repeatedly with a hairbrush in exchange for an iPad and a ride in his helicopter."

How porn warps women's view of sex

"This is something I realize that I had done, and as soon as I'd realized it, I was horrified, but if you're a woman, very often, you're not kinda going, 'I'm having sex,' you're thinking what he's thinking. You're going, 'Wow, I must look really

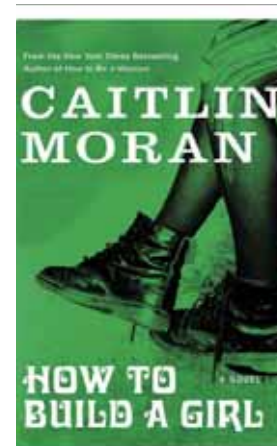


Author Caitlin Moran's book *How To Build A Girl* is aimed at young adults. It explores sexuality from the view of a 14-year-old girl. CONTRIBUTED

good doing this, he must be really enjoying that."

And that's because female sexuality has been medi-

ated through the male gaze. Because of pornography,



women are lying there being a porn director in their head, never thinking about what they want to do next.

"That's why (Johanna) starts off with a wank — the first thing she does, you realize that she is in touch with her own sexuality, that she knows how to please herself."

When things go wrong, maintain perspective

"Almost without exception, all the sex that (Johanna) has is awful."

"Because if you are sleeping around as a teenage girl, almost all the sex you will have will be awful."

"To write a fairly funny, accessible book about the realities of having sex as a teenage girl, you have to realize early on that life divides into two kinds of experience: The first one is awesome experiences, and the second one is terrible experiences that will later make amazing anecdotes."



GET IGN

Apples star in choose your own adventure recipe: main or starter?

Health Solutions

That apple is, like, so last hyper-season



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The foodie wind, she is a blowin', and it is now all about access to hyper-seasonal.

The hyper-local trend has staying power as farmers markets continue to grow, and there is nothing like fresh fruits sold to you from the gnarly, hard-working hands of the people who planted, nurtured and picked them. What could possibly make you feel more connected to Mother Nature?

Layer that same feeling, now, into a modern world where exquisite foods can be flown across the country for all to enjoy, but with the caveat that the season is perishable.

This is a very different concept than the year-round access to pithy tomatoes or tasteless strawberries! The hyper-seasonal trend is about here today, gone tomorrow but with an all-access pass.

One such food, which is also the new kid on the block, is the amazingly crisp and tangy sweet apple called Sweetango.

It is unlike any other apple you have tasted so far

and well worth finding while the gettin' is good.

As Franco DiLiberatore, vice president of sales and marketing at Scotian Gold Cooperative in Nova Scotia shares, "We're really excited about the Sweetango hyper-season this year because, as a relatively new variety, this is the first time Canadians across the country will be able to find them."

Find these fruits of Eve and pair them with a perishable stout craft beer and some fresh cheese for your next party. Rounding up items from all over the world that are unique and slightly hard to find creates a "must attend" feeling. Your parties will be the ones on the block that everyone can't wait for...just like the apple season.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Baked Apple Chicken.

This recipe will make a more fancy appetizer at your next party or a quick weeknight meal

THERESA ALBERT
myfriendinfood.com

There is something about the zing of an apple paired with the zest of goat cheese, and heft of thyme and rosemary that will make this simple, one-dish bake a go-to weeknight recipe.

If you have time, roll the breasts and pin them to cut into pinwheels for lovely appetizers.

If not, slap them into the dish and in the oven in no time. The taste is the same, just the presentation is different.

1. Grate 1 Sweetango apple into a large bowl. Slice the remaining apple into thin wedges, drizzle with lemon and set aside.

2. Add yogurt, goat cheese, thyme, rosemary, pepper and garlic to grated apple, mix well.

Ingredients

- 2 Sweetango Apples
- 1/2 fresh lemon
- 3/4 cup plain Greek yogurt
- 3 oz goat cheese (chevre)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp white pepper
- 1 clove garlic, minced
- 4 boneless skinless chicken breast halves
- 1 tsp extra virgin olive oil



This Sweetango Baked Apple Chicken recipe makes four servings. Use your Metro app to scan this photo for a video of Theresa Albert talking about planning a party using hyper-seasonal foods. THERESA ALBERT

3. Lay the chicken breasts onto the counter on a piece of plastic wrap, cover with a second sheet of plastic wrap. Pound with your fists or gently with a meat mallet to thin to a half-inch.

4. Drizzle oil into a baking dish. Place thin layer of apples into dish. (Be sure dish is large enough that they are not touching.)

5. Lay chicken onto apples and spread yogurt mixture on chicken breasts and then lay apple slices on top.

6. Cover with foil and bake at 400 F for 15 minutes, remove foil and bake for 5-10 more or until chicken is cooked through.

7. Serve hot or chill in

FLASH FOOD



From your fridge to your table in 30 minutes or less

fridge and serve cold with salad greens.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY SWEETANGO

UNITED

FLAMES vs LIGHTNING TONIGHT • 7:00 P.M.

LIMITED TICKETS STILL AVAILABLE

CALGARYFLAMES.COM/TICKETS #IGNITED



FLAMES VS LIGHTNING

LIMITED TICKETS STILL AVAILABLE

#IGNITED

TONIGHT 7:00 P.M.

CALGARYFLAMES.COM/TICKETS

SNF
SHAW
326 • 302
BELL
438 • 1438
TELUS
9910 • 910

AN OUNCE OF PREVENTION

It's cold and flu season and time to arm yourself with some prevention strategies.

The cold includes the sniffles and generally infects your nose and throat, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont. The flu, on the other hand, can affect your respiratory track and cause complicated breathing issues. It often causes aches and pains everywhere, too.

How can you protect yourself from catching one or the other?

- Good handwashing habits is the golden standard for both cold and flu protection. Wash your hands frequently to wash away germs. Wash with soap and water, using the lather to wash the front and back of hands and in between fingers and under nails for at least 15 seconds. Then rinse under warm running water and dry with a clean towel. Use alcohol-based hand cleaners if soap and water are not available.
- Be sure to teach everyone in the family to wash their hands properly. Don't use a common hand towel when someone is sick. Launder towels in the house everyday when someone is sick.
- Germs spread when people with a cold or flu cough, sneeze or talk. If you have to cough, cough into your sleeve or a tissue.



SHUTTERSTOCK

"What you don't want to do is cough onto your plate of food or your fork," Hubley says.

- Be conscious of what you are doing with your hands during cold and flu season. "Do not touch your mouth, then touch your face and touch the food you eat," Hubley says.
- The Centers for Disease Control and Prevention recommends keeping your im-

mune system strong by eating healthy foods, getting regular activity, and getting adequate sleep. A person is constantly exposed to germs in public and it's how their immune system deals with the germs that determines whether or not they will get sick.

- Clean and disinfect surfaces or objects that a lot of people touch in the house such

FLU SHOT HELPS

Health organizations including Health Canada and the U.S. Centers for Disease Control and Prevention say the best way to prevent the flu is to get the flu vaccine each season.

According to Health Canada, the flu vaccine will help protect you if you are exposed to the virus, help stop you from getting very sick, and help prevent you from passing the virus on to others.

For information, talk to your health-care provider, pharmacist or local health unit.

The Public Health Agency of Canada (phac-aspc.gc.ca) provides more information about the flu shot.

- as doorknobs, light switches, TV remotes, telephones, and keyboards.
 - Don't smoke. WebMD reports that heavy smokers get more severe colds and more frequent ones.
 - Take some time to relax. Relaxation is thought to help rev up your immune system.
- Ylva Van Buuren





Echinaforce® is the only product approved by Health Canada for both **prevention and treatment of cold & flu.**

This season wrap your family up with the most effective natural remedies available.

- > Prevents cold & flu by strengthening your immune system
- > Relieves symptoms of cold & flu
- > Shortens the duration of infection
- > Made from fresh, organic, GMO-free plants

For ages 2+



Pioneer in Natural Health - since 1923







SHUTTERSTOCK

Keep your immune system strong

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*. Torkos also offers tips on her website, sherrytorkos.com.

There are many effective prevention strategies.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune booster is echinacea purpurea. In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on echinacea purpurea in history, using A. Vogel's Echinaforce®, a proprietary extract obtained from fresh organic, GMO-free plants. The study found that this particular preparation of echinacea effectively enhances the immune system and reduces the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada approved Echinaforce® for both prevention and treatment of cold and flu, and deemed it safe to take regularly up to four months, making it a great and natural way to stay healthy this winter.

Distributed in Canada for more than 50 years, A. Vogel products are sold in 30 countries worldwide.

LEARNING CURVE

Midterm madness

Determine your study style to maximize success

While the ideal time to start studying for midterms was when the semester started, for those who haven't quite kept up that pace, the key is to break study sessions into chunks, as opposed to doing a giant cram session.

It's important to be strategic when studying, so before cracking open a textbook, find out exactly what the midterm covers. For example, if the professor says it's the first three chapters of the textbook, dig deeper. Ask the professor if it's the entire three chapters, the case studies or something else.

"The more precise students can be, the more accurate their studying will be, so they won't waste time," says Mebbie Bell, learning resources facilitator with the University of Alberta's Student Success Centre.

Ideally, a study session for a particular

subject shouldn't last any longer than two to three hours. Depending on what works best for the individual, throwing in some short breaks is probably a good idea. How a student goes about studying should be tailored to their learning style, be it visual, auditory, or kinesthetic. The problem is, many students don't know what their learning style is, but most institutions have a solution.

"There are so many supports and resources at all colleges and universities," says Diana McIntyre, the co-ordinator of the Student Academic Success Initiative at George Brown College in Toronto.

Most institutions offer study tip seminars and one-on-one support to students to help them figure out their most effective studying methods and learning styles.

For example, visual learners typically learn well when using pictures, graphs and



SHUTTERSTOCK

diagrams. Auditory learners like listening to recordings and discussing subject matter. Kinesthetic learners typically like making

notes, highlighting material and creating activities to help process information.

— Richard Woodbury



Cambrooks College

Unlocking Career Potentials



HEALTH CARE AIDE
Government of Alberta Provincial Curriculum

DIPLOMA IN

- Administrative Office Management
- Dental Office Administration
- Alberta Basic Security Training
- Massage Therapy
- Financial Services
- Medical office assistant



• Excellent Instruction
• Accelerated Program (recognition of previous studies and experience)

FREE LAPTOPS FOR ALL STUDENTS!

• Affordable Tuition
• Ask about loans and grants for qualified applicants



202-4015, 17TH AVE SE
PH (403) 452-3694

CAMBROOKS.CA
EMAIL info@cambrooks.ca

Call today to schedule appointment or e mail info@cambrooks.ca.



APPLY FOR FUNDING

If you are interested in Academic Upgrading, English Language Learning, or the Corporate Readiness Training Program, you may be eligible for Alberta Works funding. Visit the website to start the application process.

bowvalleycollege.ca/albertaworks

BOWVALLEY
COLLEGE

Alberta Works is a Government program to help unemployed or underemployed Albertans get the training they need to find employment.

UCalgary certificate prepares graduates

Moving into supervisory or management roles for the first time can be daunting, but there are ways to learn the skills you need and boost your confidence at the same time. One way is to enrol in the certificate for emerging leaders, a 98-hour program offered through University of Calgary continuing education.

When Heather Andrews, a medical X-ray technologist, moved into a supervisory role at a private clinic, her company recommended she enrol in the certificate to gain helpful knowledge and skills.

"Fundamentals of supervision was my first seminar," Andrews says. "It turned out to be a really great foundation. And I've walked away from every course since then with good information."

Completing the certificate opened Andrews' eyes to other opportunities offered through continuing education.

She has since applied the credits from her certificate for emerging leaders toward the certificate in professional management specializing in strategic management.

Laddering her credits has given her a head start on the 300-hour certificate program.

"The emerging leaders certificate pointed me in the right direction and gave me the insight to see I could build on my education," she says.

Since enrolling in the certificate for emerging leaders, Andrews has changed positions at work and is now leading a staff of 60.

Former student Lorne Pankratz also found success through the seminars.

When he began taking seminars toward the certificate for emerging leaders, he was working at the University of Calgary.

His manager had suggested the seminars would be a benefit to him in his new supervisory role.

Pankratz has since left the university and is now fully immersed in a diverse, musical career.

"The seminars were illuminating at times," Pankratz says.

Pankratz says he still uses many of the



Lorne Pankratz, graduate, certificate for emerging leaders CONTRIBUTED

skills he learned because so much of what he learned was about communicating and working well with people.

"I look back and I'm very appreciative I had the opportunity to take the emerging leaders program," Pankratz says. "You just

don't know what you don't know until you attend some of these seminars."

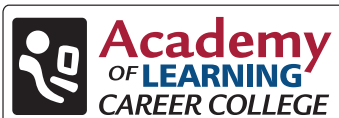
To learn more about continuing education's business seminars, the certificate for emerging leaders, and a wide range of other certificate programs, visit conted.ucalgary.ca.

Skilled Workers
are in Demand!

It's time to get into college

Career training that works for
Alberta's booming economy

Train in a unique and effective, self paced,
hands-on environment



www.academyoflearning.ab.ca

NORTH (403) 569-8973

SOUTH (403) 252-8973

RED DEER (403) 347-6676

[@AlbertaAOL](https://twitter.com/AlbertaAOL) [academyoflearning.ab.ca](https://www.facebook.com/academyoflearning.ab.ca)

UNIQUE APPROACH TO EDUCATION

Helping you achieve **better results!**
Ask us how.

**Columbia's Graduate Employment Rate is one
of the Highest in North America**

Enroll in one of Columbia's Programs today!

PROGRAMS OFFERED:

- Electrician
- Plumber
- Practical Nurse
- Health Care Aide
- Dental Assistant
- Criminal Justice
- Business Management
- Bookkeeping
- Education Assistant
- Human Services
- Integrated Training
- Alberta Basic Security Training
- Professional Investigator
- Community Support Services
- English as a Second Language (ESL)
- Language Instruction for Newcomers to Canada (LINC)
- Academic Upgrading

- **FREE COURSES** may be available for individuals applying to many professional programs
- Highly qualified, industry expert faculty
- Check out our Day Care Services
- Career and Employment Support Services

FOR MORE INFORMATION:

www.columbia.ab.ca/m

Call now: 403.235.9300

or drop-in!

COLUMBIA
COLLEGE
CALGARY

802 Manning Road NE, Calgary AB

Quality education that works for you & employers.

HEALTHCARE • BUSINESS • TECHNOLOGY • LEGAL • ACCOUNTING

Learn the art of public speaking

Hashtags and emoticons are not exactly professional forms of communication in the business world and neither is hiding behind a computer.

But for those who have not been in a professional environment long, it may be hard to change their everyday communication style.

"It is so easy in this day and age to let the computer do the talking, but in order to have success in business it's important to learn how to communicate who you are and your thoughts," says Jeff Jewett, instructor in the art of public speaking course at MRU, one of the courses in the professional business communications certificate program. "It's easy to turn a computer off but humans do not take kindly to the turn-off mentality."

Jewett says successful human-to-human interaction is a necessary skill to be successful in the workplace.



CONTRIBUTED

Through the art of public speaking course, individuals will grow in their knowledge and ability to confidently communicate their thoughts in public.

"My course aims at developing individuals' confidence so that they can be effective at public speaking," Jewett says.

This course is a part of the 120-hour professional business communications extension certificate, which teaches ef-

fective communication skills — written and spoken — for the workplace.

The other certificate program available is the 51-hour business communications boot camp certificate.

For more information about the professional business communications program, visit conted.mtroyal.ca/businesscommunications. For the business communications boot camp, visit conted.mtroyal.ca/bootcamp.

Are you a compassionate person?

Dementia care certificate could be right fit for you

Working with people experiencing dementia takes knowledge, skill, and caring and compassion to provide best-practice care.

Through the dementia care certificate of completion through continuing education at Mount Royal University, individuals can learn how to work with people experiencing dementia in assisted living or long-term care facilities.

"Dementia is increasing in our older adult population," says Sandra Gordon, assistant chair and associate professor, Mount Royal University school of nursing and midwifery.

Gordon says dementia is a term used to describe a cluster of more than 70 disease processes that all have elements of cognitive decline and are progressive.

Alzheimer's-type dementia is the most common form and affects approximately 80 per cent of those experiencing a dementia.

The dementia care certificate is made up of three online courses to address the



CONTRIBUTED

biggest issues in dementia care: Understanding the disease process and how it affects people individually; understanding older adults and their special care needs; and working with families of people experiencing a dementia.

"Hopefully, students of this program will see themselves as caregivers who are sensitive, caring and person-focused, they will understand the impact of dementia on not only the person, but their families as well," Gordon says.

Students will develop some skills around behaviours associated with dementia progression and will feel more

comfortable communicating with people experiencing a dementia, perhaps advocating for creative therapies and support for families in their workplace.

This program was originally developed for health-care aides, however RNs, social workers, clergy, dietary aids, and recreation therapists have also participated. The program has been designed to be an engaging, online course that can be done on your own time. It is practice-based and reflective of current knowledge regarding best practice dementia care.

For more information, please visit conted.mtroyal.ca/dementia.



Build Your Career

100+ Programs in
Business, Oil & Gas
and Technology

Project Management, Business Analysis, Supply Chain Management, Contract Management, Business Process Management, Technical Writing, Petroleum Joint Venture...

CONTINUING EDUCATION



+ Parvez, Project Management

Why MRU's Continuing Education?

- Learn tomorrow's skills today
- Connect with industry professionals
- Small class sizes, big ideas
- Flexible schedules - fast track, online, classroom
- Workplace learning

*Ask about company training.

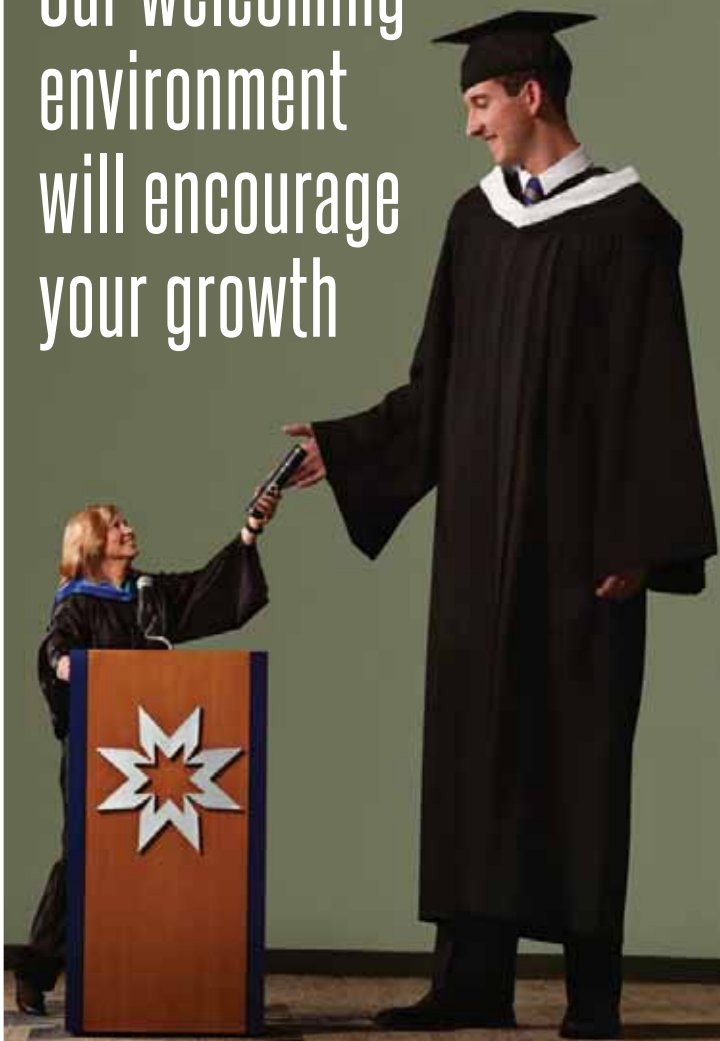
mtroyal.ca/conted
403.440.6875



OPEN HOUSE:

Oct 18th at 10:00 am - 2:00 pm
14500 Bannister Rd. SE | Calgary, AB

Our welcoming
environment
will encourage
your growth



Learn more at stmu.ca/grow

C A L G A R Y A L B E R T A



CONTRIBUTED

New name, but the same commitment

Ambrose University designation reinforces high calibre of education from the institution

Students, faculty, and staff at Ambrose University recently celebrated news from the government of Alberta that the school has been officially granted university name status, and is no longer required to use the "university college" designation.

"The new name brings us in line with comparable institutions across Canada, and makes it clear that Ambrose is a full-fledged, degree-granting university," says Ambrose president Gordon T. Smith.

Gaining the name recognition of a university benefits those students who may wish to pursue graduate studies nationally or globally, as well as faculty in their research endeavours.

"The new name recognizes that Ambrose's degree programs equip graduates with all the best that comes from university studies in the humanities, the sciences, the fine arts, education, and business, complemented by strong programs in our school of ministry and the graduate programs of Ambrose seminary," Smith says.

While Ambrose University has a new name, its commitment to fostering personal development and preparing students for fulfilling careers remains the same. Ambrose nurtures a strong Christian community where students can integrate their

"THE NEW NAME BRINGS US IN LINE WITH COMPARABLE INSTITUTIONS ACROSS CANADA, AND MAKES IT CLEAR THAT AMBROSE IS A FULL-FLEDGED, DEGREE-GRANTING UNIVERSITY."

— Ambrose University president Gordon T. Smith

faith into their academic experience, no matter which degree program they choose.

"I love the faith-based classes and community here," says Breanne, a fourth-year student.

It is that desire for community that Smith says he often hears students cite as the reason they chose Ambrose for their post-secondary studies.

"Ambrose is very pleased to be a university, offering quality, higher education in a full range of disciplines, all done within a Christian biblical context and vision for studies that brings glory to God and empowers students to serve Christ in all walks of life," Smith says.



Gary Klein, program co-ordinator, hairstyling, ABM College. CONTRIBUTED

THE BUSINESS OF HAIRSTYLING

AT ABM COLLEGE

While it is obvious that a hairstyling school would teach the latest in hair design, what is less obvious is the importance of learning the world of business in the hair industry.

Through the hairstylist program at ABM College, not only are students taught the skills needed to make it as a successful stylist, they are also taught how to make it as a successful business person.

"Business is definitely a major component in this industry," says Gary Klein, program co-ordinator for the hairstyling program at ABM College.

"Lack of business knowledge is why a lot of salons fail."

Klein joins ABM College with more than 35 years of industry experience — including owning four salons, and a number of years teaching.

Aside from the actual skills involved in hairstyling, the business end can make or break a stylist, and is why the course

devotes more than three weeks to this topic.

"It is very valuable to learn how to market yourself and learn how to maintain a clientele," says Klein.

"Through this program, we are really trying to bring customer service back to this industry."

This is a full-time, 1,410-hour program to prepare students for their apprenticeships through hands-on training.

For more information about this program, visit abmcollege.com.



SHUTTERSTOCK

Help others plan their dream vacations

Hotel and tourism management studies diploma

People spend months, sometimes years, planning out their dream vacations and trips, so when they arrive at their destinations, guests want the experience of which they have dreamed.

Academy of Learning Career College offers training to turn these expectations into reality through the hotel and tourism management studies diploma.

"This program meets the needs of Alberta's tourism trade and aligns them with our tourism industry," says Charles Jarvis, general manager, Academy of Learning Career College.

This program prepares students for a rewarding career in hospitality management.

Whether it is as a hotel manager, reservation clerk, resort co-ordinator, food and beverage manager, it takes a

well-trained, charismatic, and outgoing individual to help ensure the best experience for any guest — from the vacationer to the business traveller.

The program is 34 weeks in length and the curriculum is taught based on the American Hotel Lodging Association.

With continuous intakes at Academy of Learning Career College, there is no need to wait until January to get started on the career path of your dreams.

Academy of Learning is Canada's largest network of career colleges and students can earn their diploma in less than a year, which means they can be career-ready much sooner than many other institutions.

For more information, please visit academyoflearning.ab.ca.



MOUNT ROYAL
UNIVERSITY
1910

Build Your Career

100+ Programs in
Business, Oil & Gas
and Technology

ONLINE: Project Management, Business Analysis, Supply Chain Management, Contract Management, Petroleum Joint Venture, Conflict Resolution, Event Management, Funeral Service...

CONTINUING EDUCATION



+ Larissa, Business Analysis

Why MRU's Continuing Education?

- Learn tomorrow's skills today
- Connect with industry professionals
- Small class sizes, big ideas
- Flexible schedules - fast track, online, classroom
- Workplace learning

*Ask about company training.

mtroyal.ca/conted
403.440.6875



SHUTTERSTOCK

CAMBROOKS HAS FLEXIBLE CLASSES OPTIONS AVAILABLE

Focused on producing high-quality, trained professionals for the field of health care, Cambrooks College has made it convenient for individuals to head back to school to receive training.

Cambrooks College offers a few options when it comes to health-care training, including the health-care aide (HCA) program, HCA prior learning assessment and recognition (PLAR), and the medical office assistant course.

What has helped Cambrooks College be successful in attracting students is the ease of fitting the training schedule into the lives of the students.

"Maintaining small classroom size and offering both daytime and evening classes give more choice to education, even if the student wishes to continue working while they are learning," says Pamela Paul, programs manager, Cambrooks College.

For those who are looking to get into a career as an HCA, Cambrooks' PLAR program can assist those individuals who may have

a nursing degree from another country — accelerating the completion time of the program.

All of Cambrooks College instructors are still working in the field of their profession to maintain current applications and knowledge.

"With the growing demand for care of our aging population, especially those in long-term care facilities, our students have great choices to apply to," Paul says.

For more information about the programs, call 403-452-3694, or visit cambrooks.ca.

Computer-aided drafter program now offered online

Digital School Technical Design College has expanded its curriculum to now offer the computer-aided drafter program entirely online, making it more convenient for individuals to get trained for the high demand field of computer-aided design (CAD).

"Our complete computer-aided drafter program is now available online and, therefore, accessible to students across the province and even the globe," says Charles Jarvis, general manager of Digital School.

With the ability to take this program from the comfort of your own home, or from anywhere, this training can meet the current industry demand for these types of trained professionals.

"Alberta's booming construction and oil industries have created a huge demand for computer-aided drafters and designers," Jarvis says. "Digital School graduates are finding lucrative careers as drafting and design professionals."

Digital School offers CAD training where students are able to complete diploma programs in less than a year.

CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization. Digital School also offers the most up-to-date BIM (building information modelling) training.

With classes starting every three months it's always the right time to enrol at Digital School.

The next intake is January 2015 and applications are now being accepted.

For more information about Digital School, visit digitalschool.ca.



SHUTTERSTOCK



UNIVERSITY OF CALGARY
CONTINUING EDUCATION



"I've walked away from every seminar with so much good information."

Heather Andrews. Graduate.
Certificate for Emerging Leaders
good thinking.

Business Seminars

Take these seminars on their own or towards the Certificate for Emerging Leaders. Sessions run from 8:30 am to 4:30 pm. Go online for a full list of seminars offered this fall. **Enrol soon.**

Looking for group training opportunities? All of these seminars can be adapted to corporate training sessions. To learn more, call 403.220.2988.

DOWNTOWN CAMPUS

Improving Communication at Work

Course: BUS 188
Oct 27 | \$355 + GST

Developing High Performance Teams

Course: BUS 281
Oct 28 | \$355 + GST

Accountability in the Workplace: Whose Job Is It?

Course: BUS 256
Nov 14 | \$355 + GST

Creative Negotiating

Course: BUS 275
Nov 24 | \$355 + GST

Power and Science of Coaching

Course: BUS 212
Nov 26 - 27 | \$589 + GST

Meeting the Challenge of Leadership

Course: BUS 140
Dec 2 - 3 | \$589 + GST

Overview of Strategic Planning

Course: BUS 257
Dec 9 | \$355 + GST

MAIN CAMPUS

Mental Toughness: Training for Success

Course: BUS 130
Oct 29 - 30 | \$589 + GST

Leading with Confidence and Courage

Course: BUS 240
Nov 3 | \$355 + GST

Get Organized! Improve Your Workflow and Boost Your Productivity

Course: BUS 270
Nov 4 | \$355 + GST

Facilitation Skills

Course: BUS 134
Nov 13 - 14 | \$589 + GST

Confidence in Communication

Course: BUS 219
Nov 14 | \$355 + GST

Conquering Your Fear of Public Speaking

Course: BUS 265
Nov 15 and 22 | \$589 + GST

Leading Yourself and Others Through Change

Course: BUS 267
Nov 17 - 18 | \$589 + GST

Getting Things Done Through Influence

Course: BUS 138
Nov 18 | \$355 + GST

Work-Life Balance: Fully Engage for Success

Course: BUS 135
Nov 26 - 27 | \$589 + GST

Perfecting the Performance Discussion

Course: BUS 276
Nov 28 | \$355 + GST

Effective Writing in the Workplace

Course: BUS 266
Dec 4 - 5 | \$589 + GST

Implementing Change

Course: BUS 233
Dec 12 | \$355 + GST



**YOU'RE MORE MOTIVATED
THAN SOME PEOPLE.**

**ADVANCE YOUR CAREER
WITH CONTINUING EDUCATION**

**SAIT Polytechnic offers programs eligible for the
Canada-Alberta Job Grant.
Visit sait.ca for details.**

Register Today



CPA PROGRAM IS MORE THAN JUST A SET OF COURSES

Canada's chartered professional accountants (CPA) professional designation provides an unlimited career and the University of Lethbridge wants its CPA bridging students to be successful in getting there.

By providing quality instruction and preparation during the student's transition, uLethbridge is taking an opportunity to equip its students for success in the CPA PEP (professional education program).

"We are committed to developing a program that delivers more than a set of courses," says Sonya von Heyking, director, CPA bridging, uLethbridge. "I want CPAB to support our students in a way that is unique to their needs."

For Heyking, this includes developing a mentor program, directing students to career transition supports at uLethbridge and in their communities, and expanding access to funding like scholarships for part-time, non-degree students.

"Supporting our bridging students through their career change means recognizing and addressing their unique support needs and we're working hard to do just that," Heyking says.

This program does not require students to have prior management or accounting courses, or work experience to apply — the only prerequisite to the program is the applicant must hold an undergraduate degree in any discipline.

The program was designed as a direct route for students to obtain the courses required to apply to a professional accounting program, while continuing to work full time.

The length of the program is dependent on previous courses that a student has already completed.

Courses are delivered in a classroom setting with PhD-qualified academic staff and experienced accounting professionals.

Classes are available evenings and weekend in Calgary and Edmonton and during the day in Lethbridge.

There are two intakes a year for this program, with the next starting January 2015. Application deadlines apply.

Applications for this program are now being accepted and can be done online or in person on campus.

For more information about this program, visit uleth.ca/edmonton/CPA-bridging.



CONTRIBUTED

Calgary location is convenient, schedule is flexible



CONTRIBUTED

uLethbridge offers many sought-after management degrees

Strategically located along the LRT line, the University of Lethbridge Calgary campus offers a convenient learning option for working professionals in the downtown core.

"The University of Lethbridge Calgary campus has grown in response to the lifestyles and needs of working adults," says Lorne Williams, assistant dean, north campuses, uLethbridge.

"Knowing that many working professionals in the city are interested in completing a business program, the campus offers credit degree and certificate opportunities in the evening and on weekends."

Located across the street from city hall, the LRT offers convenience by bringing students to the doors of campus.

"The city hall station is the only downtown LRT station that hosts both east and westbound trains so if students arrive by C-Train, the convenience can't be beat," Williams says.

The uLethbridge Calgary campus also makes it easy to customize a management

degree by offering a number of sought after majors.

They offer majors in accounting, finance, general management, human resource management, and labour relations, international management, and marketing.

Minors include international management, new media, social responsibility, and supply chain management.

"Many students enrol in evening business programs that don't offer full academic credit," Williams says.

The uLethbridge Calgary campus offers credit courses where the average student is 27 years old.

"This leads to classrooms full of motivated, energized students that bring rich discussion and experience to the classroom," Williams says.

If students hold a qualifying business diploma, the U of L program allows them to enter and get two full years of credit towards their bachelor of management degree.

This helps students seamlessly build the credentials for promotion at the workplace or enhancing their skills.

There are also opportunities to gain paid work experience through the co-operative education program.

For more information about this campus, visit uleth.ca/calgary.

ATTEND SCHOOL INFO SESSION

Sometimes, online research is not enough to make a commitment to your post-secondary education.

On Nov. 26, be sure to check out the free information evening at the uLethbridge Calgary campus to see if uLethbridge is the right choice for you.

"By speaking directly with university staff, you will get the answers you need from one source, rather than piecing together information from a variety of pages online," says Kari Sackney, student communications co-ordinator, enrolment services, University of Lethbridge.

"You will also get a sense of the type of service you can expect to receive as a student and how important our students are to us."

The session will be held at 7 p.m. at the Bow Valley College campus on the 6th floor, at 345-6th Ave. SE.

Registration for the event can be made online, or when you arrive.

On-the-spot admission will be available. For more information, please visit discover.ulethbridge.ca.



SHUTTERSTOCK PHOTOS

New history degree offered at St. Mary's

University College program applicable to many industries

This fall, St. Mary's University College has added a new four-year degree program that will be one for the history books.

The new bachelor of arts with a major in history provides students with a broad understanding of the historical foundations and cultural dimensions of the world in which they live.

"History is one of our foundational degrees, and there has been great interest in having us develop a four-year degree to complement our three-year offering," says Dr. Gerry Turcotte, president of St. Mary's University College. "This is an exciting day for St. Mary's and for all those students who are so keen for a dynamic, cutting-edge degree at a smaller university where their own personal story will not be lost."

Students of this new degree program will develop the skills needed to uncover and analyze the events, processes and ideas that shape the past and to appreciate how an understanding of the past helps inform the present and the future.

"This is a unique degree," says Norman Knowles, history professor, St. Mary's University College. "Not only will students receive a strong foundation in fields of history that cover different periods and places, they will complete several courses in historical theory and method and be able to apply the knowledge and skills they have acquired by completing a major research project or service learning practicum in their final year."

This degree will provide students with excellent training in processing information, research, critical investigation and the analysis of data, skills that are in high demand in fields such as law, journalism, public service, archives and museums, librarianship, teaching, and management.

St. Mary's University College also offers four other four-year bachelor of arts degrees, with majors in English, psychology, biology and liberal studies.

FOR MORE INFORMATION

St. Mary's University College is a Catholic post-secondary, student-focused, liberal arts and sciences, teaching and research institution.

St. Mary's offers bachelor of arts degrees, a bachelor of science degree, a bachelor of education (elementary) degree, and courses in 35 academic disciplines.

For more information about this new program, or St. Mary's University College, visit stmu.ab.ca.

BECOME A MEDICAL LABORATORY ASSISTANT IN JUST 19 WEEKS!

A GREAT SCHOOL FOR A REWARDING CAREER!

MEDICAL LABORATORY ASSISTANT PROGRAM

The MLA is an integral part of the Health Care Team in the laboratory and is trained in the collection of blood specimens from patients, the initial processing and preparation of specimens for analysis, data entry, clerical and reception services, performance of ECGs, and specified basic laboratory procedures. Funding is available for qualified applicants.

ABES Health in partnership with



OVER 90% OF OUR LAST CLASS WAS HIRED BEFORE THEY COMPLETED TRAINING!

OR BECOME A UNIT CLERK MEDICAL OFFICE ASSISTANT

THIS DUAL CERTIFICATE PROGRAM WILL LAUNCH YOUR HEALTH CARE CAREER

In just 26 weeks this course will give you the knowledge, skills, practical experience and certification to work in hospitals, continued care facilities, health care clinics/ doctor's offices and many other health care related areas. All students will complete practicums in both a hospital setting as well as a medical clinic.

CALL TODAY 1.888.593.7025

2910 - 3RD AVENUE N.E.
CALGARY, ALBERTA



APPLY TODAY!

WWW.ABES.CA

Stand for justice with Columbia

The ability to serve others and protect the community around you is not a task that should be taken lightly.

The criminal justice professional program at Columbia College pursues learners who stand for something, lead themselves to higher standards and demonstrate care and compassion.

"Today's criminal justice professional is a person who is constantly striving for the next level of mastery in self and for those whom they have surrounded themselves with," says Lonnie C. Croal, director of criminal justice professional program. "Our courses offered are specific to their chosen specialty of law enforcement, corrections and youth justice."

Built into every course are the competencies of leadership, ethics, legal process and problem-solving. Columbia College prepares its graduates to become ethical and functional problem solvers.

"We know that these learning opportunities will prepare our graduates for this amazing career," Croal says.



CONTRIBUTED

This two-year diploma can be completed in just 12 months, and consists of 21 courses and a 100-hour practicum.

Graduates will go on to pursue careers in criminal justice, including, but not limited to, correctional officer, police officer, RCMP, probation and parole officer, and many more.

The next start for this program is Jan. 5, 2015. For more information, visit columbia.ab.ca.

BOW VALLEY ADMINISTERS ALBERTA WORKS FUNDING

Alberta Works funding is all about helping Albertans gain or maintain sustainable employment.

Bow Valley College is one of a number of institutions in the province that has an agreement with Alberta Human Services to administer Alberta Works funding for learners.

"Living in Calgary can be difficult for those with low income and many of these Albertans would not be able to afford to upgrade their English language skills or high school on their own," says Jacqueline Pohorelic, lead student funding adviser, Bow Valley College. "The opportunity for paid tuition, books, transportation and a possible living allowance can be a massive benefit to those who are under or unemployed."

In general, individuals must be under-employed or unemployed and be identified as having a need for training. Eligibility involves a number of other factors that are identified with applicants by Bow Valley College student funding advisers.

There are two types of funded training available at Bow Valley College, full time and part time, and eligibility differs slightly for each.

Part-time funding at Bow Valley College is



SHUTTERSTOCK

only available for high school or below high school, while full time is available for high school, below high school, English language learning and corporate readiness training program.

For more information, call 403-410-1400.

The Haskayne MBA. Calgary's MBA.

A world-class, industry-driven MBA program at your doorstep.

MBA Information Session

October 23, 2014

5:30 - 7:00 p.m.

University of Calgary Downtown Campus

906 - 8 Avenue SW

Register at:

haskaynemba.ca

Apply now. Start in January!



UNIVERSITY OF
CALGARY

University of
Lethbridge



Calgary Campus

BECAUSE WE KNOW YOU HAVE A LIFE.

We get it - flexibility matters.

Earn a management degree that fits into
your already busy schedule.

Our Calgary campus offers classes on evenings and
weekends, allowing you to work full time while you earn the
credentials you need to advance your career.

The U of L is a proud partner of Campus Alberta.

APPLY NOW
by November 1 for January 2015

> **DISCOVER** ulethbridge.ca/calgary

Calgary Campus

Suite S6032, 345 - 6th Avenue SE
(Bow Valley College Campus)

SAIT well-positioned to meet needs

The recent announcement of the new Canada-Alberta Job Grant (CAJG) has SAIT Polytechnic ready to provide training in a number of high-demand sectors.

"The job grant program is closely aligned to SAIT's real-world, hands-on training and we've identified dozens of SAIT programs that meet the funding criteria," says Rod Miller, associate vice-president of corporate training at SAIT. "We're also well-positioned to customize training to an employer's specific needs."

This new grant program offers substantial funding support for employers to upgrade the skills of current and new employees.

"It's important for our economy that people get the training they need to increase productivity, work skills and worker retention," Miller says.

This funding will provide employers with the opportunity to invest in the skill development of their current and future workforce.

"It offers a solution to resolve skill shortages and maximize an employer's investment in training," Miller says.

SAIT offers a number of skills-based training options in business, technology and the trades that are closely tied to the current needs of industry.

As a leading polytechnic institution, SAIT is committed to staying up-to-date with the everyday innovations of Alberta industry.

Not only does SAIT provide a diverse number of programs that are closely aligned with CAJG criteria, but the school will also assist employers in the application process.



CONTRIBUTED

"SAIT succeeds when our students get great jobs in their chosen fields and when employers hire or promote our graduates because they have the right skills," says Patrick Weinmayr, director, products and partnerships, SAIT Polytechnic. "This program is truly a win-win for Alberta business and students because employers will address the skill gaps in

their workforce and employees will advance their careers."

The training can be full time or part time and can be delivered in the classroom, at the workplace or online.

Employers interested in exploring SAIT's eligible programs can call SAIT's corporate training group at 403-210-5757, or visit sait.ca.

HIGH-DEMAND SECTOR TRAINING

The newly announced Canada-Alberta Job Grant (CAJG) can help employers resolve skill shortages and maximize investment in skills training.

The CAJG will provide training subsidies to Alberta businesses to help them hire and retain top employees that meet the necessary skill requirements of their organization.

SAIT Polytechnic stands ready to provide training in a number of high-demand sectors by offering eligible training in the following areas:

- Architecture, computer drafting and piping
- Business and administration
- Computers and information technology
- Construction, mechanical technologies and trades, and welding
- Culinary and hospitality
- Electrical
- Health
- Machining and millwright
- Non-destructive testing
- Petroleum, power engineering and instrumentation
- Safety

For more about the Canada Alberta Job Grant and the eligible SAIT programs and courses, visit SAIT.ca.

GRANTS PROGRAM ADDRESSES SKILLS GAP

According to the Government of Canada, in the next 10 years, Canada is expected to need 300,000 new workers in the construction sector, up to 150,000 new workers in the petroleum sector and 145,000 new workers in the mining sector.

With stats like this, the governments of Canada and Alberta have launched the Canada Job Grant to help Canadians gain the skills and training needed to fill these jobs.

"Our government's top priorities are creating jobs, economic growth and long-term prosperity," says Jason Kenney, minister of employment and social development. "The Canada Job Grant is part of our commitment to address the paradox of too many Canadians without jobs in an economy of too many jobs without Canadians."

As of June, Alberta has the highest job vacancy rate in the country, indicating a strong need for employees.

The Canada Job Grant will provide up to \$15,000 per person for training costs, such as tuition and training materials (up to \$10,000 from the federal government and \$5,000 from employers).

"With employers' skin in the game, the

"HELPING EMPLOYERS TRAIN CANADIANS FOR JOBS THAT NEED TO BE FILLED WILL HELP THEIR BUSINESSES GROW AND SUCCEED. AND THAT IS GOOD NEWS FOR THE ALBERTA ECONOMY."

— Jason Kenney, minister of employment and social development

Canada Job Grant will lead to a guaranteed job," Kenney says.

"Helping employers train Canadians for jobs that need to be filled will help their businesses grow and succeed. And that is good news for the Alberta economy."

This employer-driven approach has been designed to be flexible enough to meet the needs of businesses of all sizes, in all industries and regions.

"A shortage of skilled labour is a risk to continued economic growth in Alberta, where many employers cannot find skilled



CONTRIBUTED

workers to fill jobs," says Ric McIver, Alberta minister of jobs, skills, training and labour.

"This program is one way to address this skills gap. It will help employers fill vacant

jobs and help workers gain the skills they need to succeed in the workplace."

Employer applications are being accepted at albertacanada.com/jobgrant.



SHUTTERSTOCK PHOTOS

ABES GETS STUDENTS JOB-READY

MEDICAL LAB PROGRAM PARTNERED WITH CLS

Before attending ABES (Alberta Business and Educational Services), Bea Mall had been working for an oil company.

After 13 years with the company, she was laid off and unable to find a job.

"I decided that I would go back to school and start a new career," Mall says.

With the help of her friends and family, she chose to enrol into the medical lab assistant (MLA) program at ABES.

"Being at ABES was one of the best experiences I have ever had," Mall says. "Everyone there was extremely helpful and went out of their way to help me succeed."

In partnership with Calgary Laboratory Services (CLS), this full-time program prepares graduates for work in hospitals, patient service centres, or clinical laboratories.

This partnership means students have the opportunity to form a professional relationship with CLS, the largest employer for MLAs in the surrounding areas.

"The training and things that I learnt at ABES have gone a long way in helping me not only find a job, but start a career I enjoy more than I would have ever thought possible," Mall says.

Mall has been working full time with Calgary Laboratory Services since she graduated from the MLA program in 2011.

"If anyone were to go back to school, I would certainly recommend ABES, as they go above and beyond when helping their students," Mall says.

This program is 19 weeks in length and includes 14 weeks in the classroom and lab, and five weeks of work experience.

Upon request, ABES will provide students with practicums outside of CLS.

Although the majority of ABES grads work for CLS, the MLA program does not limit graduates to this company.

For more information about this program, visit abes.ca.

GRADUATES BOAST A 93 PER CENT EMPLOYMENT RATE

ABES runs in partnership with Alberta Health Services, Calgary Lab Services, and Alberta Human Services. Upon graduation, MLA students boast a 93 per cent employment rate, with more than 90 per cent of the last graduating class being hired before they completed the program.



AMBROSE
UNIVERSITY

UNIVERSITY
DEGREES

MINISTRY
TRAINING

SEMINARY
EDUCATION

www.ambrose.edu
Calgary, Alberta



ambroseuc



@ambroseuc



ambroseuniversity



ambroseuc



Academics



Faith



Community



FAITH
INSPIRED
LEARNING

LEARN FROM CALGARY'S LEADERS

WITH ACCELERATED MBA PROGRAM FROM HASKAYNE

In a world where time and money seems to be scarce, the Haskayne MBA accelerated program option is a fantastic way for students to complete the program in less time and for less money.

The MBA accelerated program option allows students to obtain credit for business courses they have completed in their undergraduate degrees and apply it towards their MBA course requirements.

"The Haskayne MBA is ideal for students looking to advance their careers across the country and, in particular, Calgary," says Michael Wright, PhD, FCGA director MBA programs, Haskayne school of business, University of Calgary. "We are Calgary's MBA, as such we offer unmatched opportunities to connect with and learn from Calgary's business leaders."

Bachelor of commerce graduates or graduates of similar degrees are eligible for the Haskayne MBA accelerated program option.



SHUTTERSTOCK

The accelerated program option looks at a student's undergraduate degree and GPA to determine if MBA course exemptions can be granted.

Students are eligible for up to five exemp-

tions, giving them the benefit of being able to complete their MBA up to 25 per cent faster and at a cost saving of up to 25 per cent.

"Students can also opt to complete their MBA in the regular allotted time, taking a

PROGRAM INFORMATION

Students interested in the evening MBA program should apply before Nov. 15 to start in January 2015.

Alternatively, students can apply to begin either the day or evening MBA program in September 2015.

For more information, contact Micheline Campanaro at micheline.campanaro@haskayne.ucalgary.ca.

lighter class load and benefiting from more flexibility and balance," Wright says.

Regardless of the time frame it takes to complete the program, the end results are the same.

"While it is true the Haskayne MBA helps students develop managerial business skills, its real value comes from helping students explore and develop their leadership capabilities," Wright says.

"The Haskayne MBA teaches students new approaches to decision-making and can help them transition into leadership roles with confidence."

For more, visit haskaynemba.ca.

Become a Hairstylist

Program starts in Nov. 2014

- ✓ We offer **Alberta Government** 1400 hour approved curriculum
- ✓ Flexible class schedules

ABM COLLEGE
EDUCATION THAT GETS YOU HIRED!

Apply now. Seats are limited!

403.719.4300
3880 - 29 Street NE, Calgary

www.abmcollege.com

We help you receive Government funding & scholarships

COMPUTER AIDED DRAFTERS ARE IN HIGH DEMAND IN ALBERTA'S OIL & GAS AND CONSTRUCTION INDUSTRIES

"Train to become a skilled technician in 2D & 3D drafting and design with specialities in Engineering and Architecture."

Antonio Cuan - Industry Expert and Digital School Instructor

BE JOB READY IN 6 TO 12 MONTHS

DIGITAL School
technical design college

Call Toll Free 1-877-414-0200
#304, 10205-101 STREET, EDMONTON, AB

digitalschool.ca

After arrest

Voynov banned over domestic violence suspicions

The NHL suspended Los Angeles Kings defenceman Slava Voynov indefinitely Monday after the two-time Stanley Cup winner's arrest on suspicion of domestic violence.

Voynov was booked and released at the Redondo Beach jail after his arrest early Monday morning at a Torrance hospital on suspicion of corporal injury to a spouse, Redondo Beach police Lt. Joe Hoffman said. The 24-year-old Russian defenceman posted \$50,000 US bail.

THE ASSOCIATED PRESS



Slava Voynov GETTY IMAGES

Staying on

Brodie, Flames ink five-year extension deal

The Calgary Flames have signed defenceman T.J. Brodie to a five-year contract extension.

Brodie is in the final year of a two-year deal signed in 2013 that paid him an average annual salary of \$2.1 million.

The 24-year-old from Chatham, Ont., has three goals and four assists in seven games to start this season for the Flames.

THE ASSOCIATED PRESS

Contenders hope rest reigns over rust

World Series. Giants, Royals look to avoid same fate as past teams that struggled following long layoffs after league championship series

Alex Gordon took a big rip at a batting-practice fastball, fouled it off badly into the cage, and ducked when the carom nearly hit him in the head.

Gordon let out a huge laugh, and so did a bunch of his Kansas City Royals teammates watching Monday's workout.

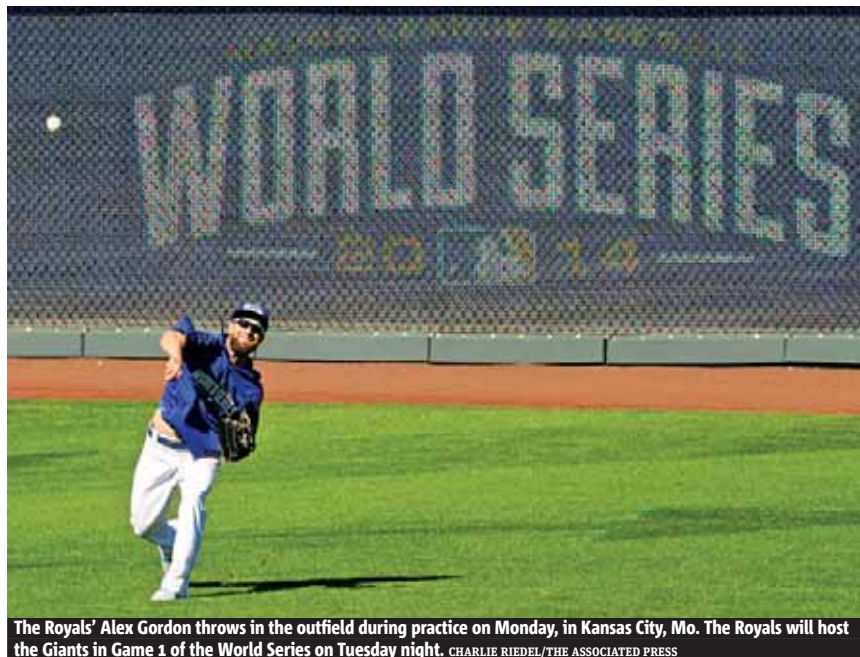
"I can't believe that just happened, dude," pitcher James Shields razed.

It'll be more frustrating than funny if those are the same awkward swings the Royals and San Francisco Giants take once the World Series begins.

Going into Game 1 on Tuesday night at Kauffman Stadium, both teams will deal with a familiar issue this deep in the post-season: Does an extended layoff translate into rest or rust?

Buster Posey and the Giants zipped through the playoffs, and now will try for their third title in five years. Lorenzo Cain and the Royals zoomed along, reaching the Series for the first time since 1985.

And then, they all got some time off. Almost an eternity, by October stan-



The Royals' Alex Gordon throws in the outfield during practice on Monday, in Kansas City, Mo. The Royals will host the Giants in Game 1 of the World Series on Tuesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

dards.

The Royals went 8-0 in the AL playoffs, giving them five idle days before Shields starts the opener. San Francisco went 8-2 on the NL side and had four days to relax before Madison Bumgarner pitches.

"It's definitely different because we have played so many games over the last seven and a half, eight months. But you just understand it's one of those things," Posey said.

As recent history has shown, hitters can be very vulnerable when they get out of rhythm.

Championship rarity

The only other time both World Series participants were wild cards was 2002, when the Angels beat Barry Bonds and the Giants in seven games.

"It affects a bit your timing, especially when trying to adjust to pitchers," Kansas City second baseman Omar Infante said. "It's hard to recover that groove you have."

The slightly favoured Giants and Royals held practices, studied video and

checked out scouting reports. But as several teams that stumbled in the World Series after long breaks discovered, nothing can duplicate playing a real game.

Triple Crown winner Miguel Cabrera and Detroit got nearly a week off in 2012, then the Tigers hit a combined .159 and totalled six runs in getting swept by the Giants.

Troy Tulowitzki and the Colorado Rockies rushed into the 2007 World Series, waited a week and got outscored 29-10 in Boston's sweep.

THE ASSOCIATED PRESS

4 SPORTS

Three ways to choose CARDEL InnerCity

1

BUY

2

BUILD

3

FIND

Visit us online for full details and showhome location.

SINCE '73

CARDELHOMES.COM/INNERCITY

CARDEL HOMES

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Don't try to work out the best way to tackle a difficult situation, just do what feels right now. Fate will guide you in the right direction.

Taurus

April 21 - May 21

The approaching eclipse marks either a turning point or a point of no return. Which it is depends on your attitude. What goes out of your life over the next few days you really no longer need.

Gemini

May 22 - June 21

You cannot escape your commitments but you can make life easier for yourself by taking a more active interest in the events of everyday life.

Cancer

June 22 - July 23

Pluto in your opposite sign of Capricorn is testing how strong your friendships and relationships are. What happens this week makes clear who you can trust, and love.

Leo

July 24 - Aug. 23

You know what needs to be done and you know it must be done now. So get your act together and get moving — then don't stop.

Virgo

Aug. 24 - Sept. 23

You are about to embark on a highly positive phase. There is every reason to feel optimistic about the future — well, your future anyway — so cheer up.

Libra

Sept. 24 - Oct. 23

You can continue to deny you have a problem but that won't make it go away. The planets urge you to face what needs to be changed in your life.

Scorpio

Oct. 24 - Nov. 22

You need to put minor disagreements behind you so you can see new possibilities. Everything will change over the next few days. Will it change for the better? That depends entirely on you.

Sagittarius

Nov. 23 - Dec. 21

Have allowed your mind to get stuck in a rut? The only person who can make things fresh and exciting again is you.

Capricorn

Dec. 22 - Jan. 20

You have to make a decision that affects the lives of friends and family and loved ones. Think carefully before making your move — then act decisively. The universe is behind you all the way.

Aquarius

Jan. 21 - Feb. 19

You don't have to start again from scratch with nothing. What you need to make your life happier is right there in front of you.

Pisces

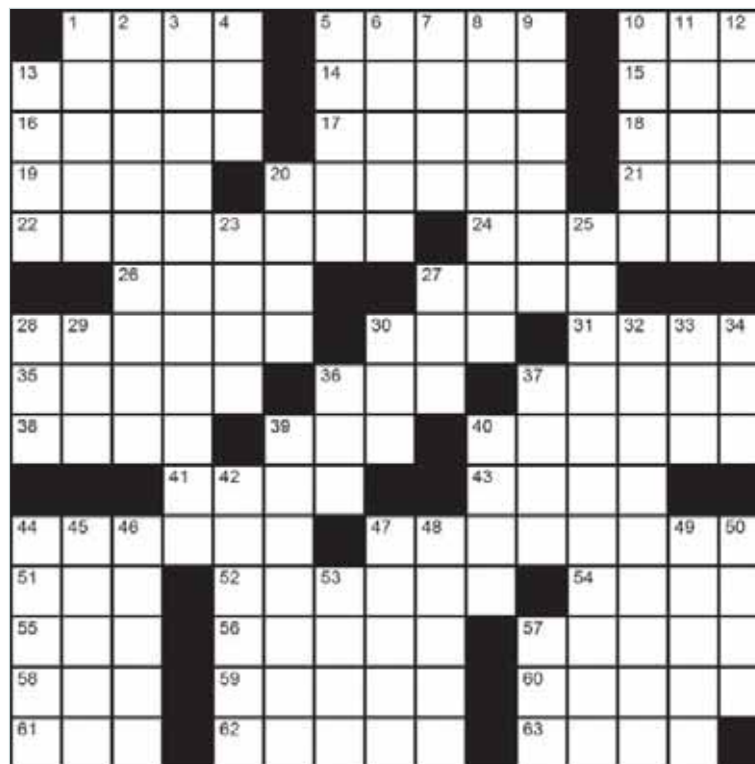
Feb. 20 - March 20

The most important thing today is that you believe in yourself 100 per cent. All things are possible, for you anyway.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. MLB officials
5. Wings hit: "___"
10. "___ Day": Hit by #24-Across
13. Don a dress for fit: 2 wds.
14. Shampooing direction
15. ___ trip
16. Q. "What did you have for breakfast?" A. "___ of cereal."
17. ___ Sketch
18. Toronto-born Senator Mr. Eggleton
19. Rate
20. "If this ___ leather, I don't want it." ...said the vegan purse purchaser
21. Look
22. Bewitch
24. Canadian singer/songwriter Daniel
26. Certain cloud
27. Late comedian Richard
28. Margarine-in-a-container amount
30. Possessed
31. Recipe amt.
35. Modern English's "___ With You"
36. Dr. Vivienne ___, retired Canadian Senator
37. Brit pop group, ___ 7
38. Mackerel sort
39. "Hee ___"
40. Composer George M.'s
41. Quash



43. Federal org. concerning broadcasting
44. Bob __ (Premier of the N.W.T.)
47. Comment giver
51. Everybody
52. Ms. Fanning
54. Latin hymn: "Dies ___"

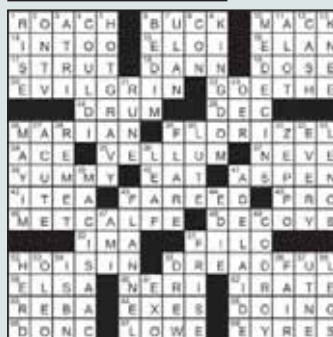
55. Excessively
56. Andes animal
57. New Zealand language
58. Brick foliage
59. White-plumed heron
60. ___ Barkley, President Truman VP

61. Mr. Beatty
62. Guitarist's highlights
63. Secondhand

- Governor General's Literary Awards finalist: 2 wds.
3. Celine Dion song, with The, that goes "The whispers in the morning...": 3 wds.
4. Lorne Michaels' gig
5. Street type, briefly

6. Bishop's hat
7. Without repetition
8. ___, like Mont-real's 1976 Summer Games stadium
9. SNL alum Kevin
10. Scary creature
11. Think alike
12. Adorer
13. Record
20. Global, briefly
23. Stuck in ___
25. Salem's historic happenings: 2 wds.
27. T.O. baseballer
28. ___-Tac-Toe
29. Apricot-like Japanese fruit
30. In what manner?
32. 1991 movie about a Jesuit priest in New France: 2 wds.
33. Daylight giver
34. TV network
36. Rocket launch site
37. Marsh bird
39. 2004 Viggo Mortensen horse flick
40. Shania Twain trophy, e.g.
42. Lots and lots
44. Montreal 'morning'
45. Garlic segment
46. Architect, Frank ___ Wright
47. Shakespeare title guy
48. States: French
49. Dog-___
50. Harness
53. Mr. Malden
57. Egyptian ___ (Cat breed)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

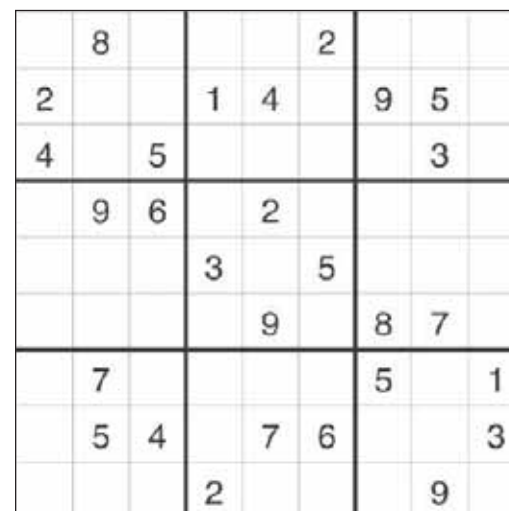


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

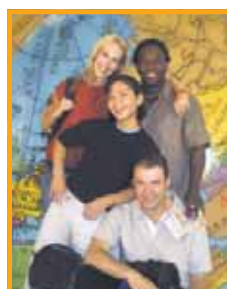
Yesterday's Sudoku



CARDEL
InnerCity

BUY
BUILD
FIND

CARDELHOMES.COM/INNERCITY



Adventure! Teach English Overseas

- > TESOL Certified in 5 Days
- > In-Class or Online
- > No Degree Required!
- 1.888.270.2941**
- Job Guaranteed!**
- Next in-class course: Dec. 17th - Dec. 21st 2014.
- Next Seminar: November 13th, 2014 @ 7pm
- Travelodge University Hotel - 2227 Banff Trail NW
- www.globaltesol.com



THE GLOBAL
LEADERSHIP SUMMIT
OCTOBER 23 & 24

SPEAKERS INCLUDE

Jeffery Immelt, Susan Cain, Bill Hybels,
Tyler Perry and many more
growingleadership.com/gls2014

Fall ^C

CALL TO BOOK! 403-930-1656

ONLY:
\$149.95

**0% AVAILABLE ON ALL 2014
CARS AND TRUCKS***

Black Book
BUY-~~BACK~~
EVENT
going on now!

WE WANT YOUR TRADE!

SHAW

GMC CHEVROLET BUICK

We're on the Blackfoot!

Cash Price:

\$27,998

or **\$169 B/W** 96 MTHS
@ 3.99%



SG418434

SHAWGMC.COM SHAWGMC.COM SHAWGMC.COM SHAWGMC.COM SHAWGMC.COM SHAWGMC.COM SHAWGMC.COM SHAWGMC.COM SHAWGMC.COM SHAWG

GMC CHEVROLET BUICK

403-930-1654
SHAWGMC.COM



CANADA'S BEST
MANAGED
COMPANIES

**ACCREDITED
BUSINESS**



CREDIT
CALGARY
Bad credit? No credit?

CREDITCALGARY.COM

100% APPROVAL RATING

403-287-5974

ilikeshow.com



4620 Blackfoot Tr. S.E



Kaizen
AUTOMOTIVE GROUP

PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM